Lakota American

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Lakota American | Volume 124, Number 2 | Thursday, November 21, 2024

No bones about it

The story behind Lakota's Pet-tastic grooming business

BY LOTTIE CALDWELL

Kristi, the owner of Lakota's Pet-tastic tells the story of her unique business.

Kristi Hejlik of Lakota began her career in animal grooming while in high school. Starting as a maintenance person within a small business, and moving up to dog washing and grooming, Kristi has been honing her skills over a lifetime.

Although she grew a love of grooming, she chose a different route of careers outside of high school, trying multiple paths that were great but did not seem to fit.

After crossing paths with her passion for grooming once more, Kristi returned and began to work within the field again. Soon she was renting a space and owned a small business that was prospering.

After her building was sold and being told she had one month to move out of her space, Kristi decided to move her small business to Lakota where she had moved with her husband.

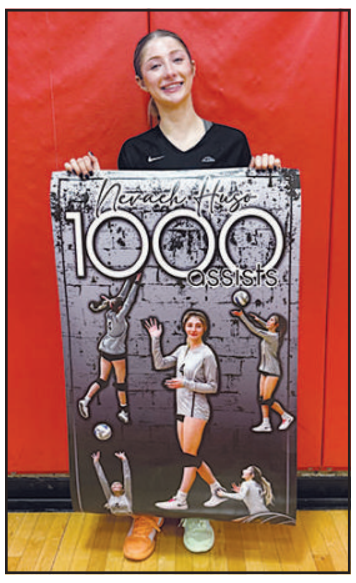
Kristi described her new accommodations at home in a fond way as she remembered her DIY pet grooming station, which although got the job done made her strive to have better equipment to ensure a pet paradise to accommodate her furry friends.

Although she lost a few customers over the trek, her business quickly began to escalate to new heights. After four years of business at her Lakota location, Kristi has gained numerous customers who rave about the amazing experience and loving environment that their pampered pooches receive.

Today Pet-tastic has extended into not only pet grooming but also into helping take care of fur babies as their owners are on vacation or need puppy day-care.

Ending on a high note

Three Chargers VB seniors recognized



Nevaeh Huso

Nevaeh Huso recorded her 1,000th assist in the regional game vs. Benson County the night of November 11. Congratulations, Nevaeh!

Brandi Lippert & Brooke Watkins

Congratulations to Brandi Lippert and Brooke Watkins for being selected to the Region 4 All-Region Volleyball Team. An awesome way to end their high school volleyball careers!

New historical novel depicts early Nelson County life

A newly released novel, *The Meadowlark Comes Back*, vividly portrays early farm life in Nelson County and will be available for free download on Amazon Kindle for five days starting November 20. The free Kindle app works with iPhone, iPad, Mac, Android and Windows devices. Written by Clayton H. Nelson, a 1936 graduate of Petersburg High School who passed away four decades ago, the book has been lovingly revived by his son, Tim Nelson, a retired Silicon Valley designer and filmmaker. After the promotional period, all proceeds from e-book sales will support literacy programs in the

(Continued on Page 2)

Tim Nelson, the author's son and publisher of "The Meadowlark Comes Back."

New program offers incentives for adoption of cover crops

Farmers for Soil Health is a farmer-driven initiative for farmers aimed at improving soil health through the adoption of cover crops. The collaboration among the Soy Checkoff, Pork Checkoff and National Corn Growers Association in partnership with state commodity groups and conservation organizations seeks to double the adoption of cover crops to reach 30 million acres by 2030.

Through the Farmers for Soil Health program, enrolled farmers receive incentive payments for adopting cover crops

(Continued on Page 12)

The program's goal is to enroll 35,000 acres, or approximately 98 farmers into the program in North Dakota. (NDSU photo)

Quilts of Valor presented in McVille and Tolna

BY JUDY TWETE

At the regular American Legion/Auxiliary meeting in McVille on October 21, there was a pair of quilts given to Ole Semling Post 135 members. Not only was a pair of quilts given, but it was to well-deserving female veterans.

The women both served our country as part of the Army, but they both have the same first names! They both continue to serve our country as part of the funeral honor guard and as Legion Riders. They attend Post meetings if possible and are active in the Post.

Vicky McPherson and Vicki Twining are the two recipients who were honored with these lovely Quilts of Valor, created by the Home Bound Quilters from our area. The presentation took place at the monthly meeting and was a surprise to both of these veterans.

A special presentation in Tolna at the Veterans Day dinner and program was the second pair of quilts that were presented to two very deserving and surprised veterans. Aneta, McVille, Pekin and Tolna annually have a special Veterans Day event in one of the four towns. Dinner and a program are enjoyed by the veterans and their spouses or family members. This was the first time the event was held in Tolna, and a very nice showing of veterans were in attendance.

This time Randy Engen and Stacy Twete were honored with a Quilt of Valor. Randy served our country in the Army and Stacy in the Navy. Both of these veterans continue serving America in the Post in Tolna. Again, these veterans were surprised and very honored to receive such beautiful works of art in the Quilts of Valor.

As special guests of McVille Unit 135, we were pleased to have Candace Berg of Devils Lake, the Department of ND president elect; and Shelley Schuster of Minto, the District 2 president, in attendance. We felt extremely honored to have two officers at the Veterans Day event.

We salute these pairs of veterans who served and continue to serve our country. We also salute the women who have taken steps forward in the Auxiliary and serve also.

essert first

Life is short
Eat dessert

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Lakota City Library

By: Kristi Hoffarth November 21, 2024

Books can transport you anywhere you want to go.

Lakota City Library Holiday-Festival

December 7th

K-9 Officer Raith 11-12
Free Will Luncheon 11-1
Family Crafts 2-4
Pictures with Santa 5-7
Hot Cocoa Bar
Horse Wagon Rides 5-7
Fireworks 7

As the weather changes, keep in mind we are available to help gather and deliver books for those who need.

We have a huge selection of puzzles from beginners of 16 pc to advanced of 2000 pc. We also have many games, from children, family, and adult night. Come in to play or borrow.

Come on in to see our new set up, enjoy our welcome bar, and watch as the holidays come to life.

HOURS:
MONDAY/FRIDAY 10-3
WEDNESDAY 10-6
SATURDAY 10-3

CONTACT:
701-247-2543
LAKOTANDLIBRARY@GMAIL.COM
WWW.LAKOTANDLIBRARY.COM

How parents can dine out without drama

Some parents cringe at the mere mention of dining out with their children, envisioning 90 minutes of crying, taunting and tantrums. While some cultures place great significance on dining out as a family, North Americans seem less inclined to do so -- unless it is at a family-friendly (not food-friendly) chain restaurant or fast food establishment.

However, dining out with young children doesn't have to be a debacle. Employ a few of the following tips, and your next night on the town with the youngsters in tow might just prove to be a nice family experience.

Get munchies. A hungry child is often a cranky child. Ask if bread, crackers or chips can be placed on the table early on so that the kids have something to snack on and distract them from hunger pangs.

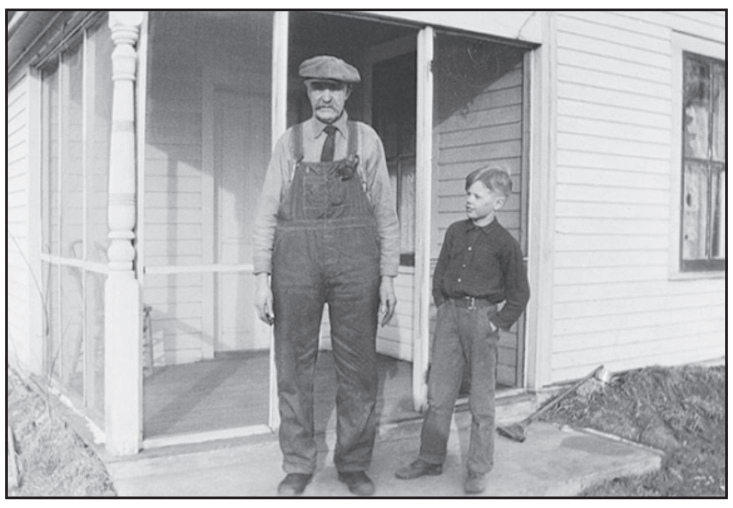
Request a table near the bathroom. While looking at the restroom doors may not make for the most inviting ambiance, it does reduce the hassle of snaking through tables and rows with a child who needs to use the restroom.

Order for the table. Giving kids a choice may waste time and lead to arguments. Order a few items that everyone can share, increasing the likelihood that your child will find something he or she wants to eat.

Stick with recognizable foods. Now is not the time to ask junior to delve into seafood salad or osso bucco. Save taste-testing for another time when there's nobody else around to hear your child's protestations.

Make dessert a reward not an expectation. If the children behave to your liking, dessert can be a reward. It will reinforce good behavior the next time you decide to dine out.

-metrocreativeconnection



A young Clayton Nelson stands beside his grandfather, Hans Leite, in Petersburg in 1930.

Novel depicts life in Nelson Cty. --

(Continued from Page 1)

Dakota Prairie School District.

Written in 1947, the novel embodies a purpose often found in works by returning service members of the era, capturing the hardships, triumphs, love and loss that shaped America during a critical time.

Nelson's narrative follows blue-collar Scandinavian immigrants in America from the late 1860s to the late 1940s. Around the kitchen table in his final years, Clayton Nelson shared tales of his farming community, often mentioning local family names such as Tennison, Swendseid, Hildre, Waag, Adamson, Broton, Iverson, Asleson and Mork.

The grandson of Petersburg homesteader Hans Leite, Nelson maintained a close connection to Nelson County, staying informed through his aunt, Mattie Leite, who lived in Petersburg for many years.

Although the Leite farmhouse where the author grew up now stands abandoned, it remains in the family. Previous to publishing *The Meadowlark Comes Back*, Tim Nelson undertook extensive research to uncover his family's immigrant history in Nelson County, which led to his acclaimed YouTube documentary, "Return to Norway."

Reflecting on his father's novel, Tim Nelson said, "Although the story is fictional, it's deeply rooted in truth. With touches of humor, *The Meadowlark Comes Back* offers an optimistic view of survival, resilience, and the inner strength people rely on to persevere. It's a heartwarming story about friendship, hard work, and the values that define decency and honor. Making it available to residents of Nelson County -- the place that inspired it -- is a fitting tribute."

Ag income tax management program set for December 2

A tax management program will be offered to ag producers and tax preparers from 1 to 4 p.m. CT on Thursday, Dec. 2 via Zoom.

The program, sponsored by NDSU Extension, will be moderated by Ron Haugen, NDSU Extension farm management specialist. The program will feature presentations by Alan Gregerson, Internal Revenue Service; Russ Tweiten, Ag Country Farm Credit Services; Rob Holcomb, University of Minnesota Extension; and JC Hobbs, Oklahoma State University Extension.

This program provides an excellent opportunity for agricultural producers and tax preparers to learn and ask questions about tax management alternatives while there is still time to implement year-end tax management decisions, says Haugen.

Program topics include:

- Federal income tax update
- Lease and easement income reporting
- IRS update
- Identity theft and breaches
- Tax management upon retirement
- Depreciation, like-kind exchanges
- Disaster provisions and reporting
- Qualified business income
- Tax planning

Preregistration is required by Tuesday, Nov. 26. There is a fee for the virtual program and materials. To register, visit ndsu.ag/taxmanagement.

When registering, an email address is required to be able to attend the meeting, along with a connection to Zoom to participate. Registered attendees will receive the Zoom link and materials link by email on Wednesday, November 27. All participants will have the opportunity to ask questions via the chat box.

All program materials will be posted for downloading prior to the meeting. Continuing education credits will not be offered.

For additional information or questions, contact Paulann Haakenson at paulann.haakenson@ndsu.edu or 701-231-7393.

McVille Community Library

Hours: Tues. - Sat. 10:30 a.m. to 1:30 p.m.
701-322-5541

We were so happy to have so many kids come to Reading Roundup to learn about K-9 Deputy Raith.

Raith is awaiting orders from Deputy Madche.

SO THANKFUL FOR OUR PATRONS AND VOLUNTEERS

The library staff wishes all of you a Happy Thanksgiving.

BY RITA LOIBL

Code Girls: The Untold Story of the American Women Code Breakers of World War II by Liza Mundy has been donated to the library by Judy Sateren. The "Code Girls" was the nickname for more than 10,000 women who served as code makers and code breakers for the United States Military during World War II. Thousands of talented women who had exceptional mathematical and language skills were secretly recruited and trained. They worked tirelessly to break the codes that provided critical information. According to Smithsonian.com, "*Code Girls* . . . finally gives due to the courageous women who worked in the wartime intelligence community." This fascinating book is available for checkout.

K-9 Officer Raith, Chief Deputy Jesse Madche and Deputy Elijah Goetz did a fun and informative program for the library November 16. The group saw Raith in action and learned of many of the duties she has been trained to do for the sheriff's department for our county. She has already accomplished some amazing police work and continues to learn and train. She is a working dog and loves her job.

WINTERFEST

- Sunday, Dec. 1, 4:30 to 6:30 p.m.
- HOT DIGGITY DOG BUFFET: hot dogs, brats, chili, mac and cheese, and more!
- Kids games, Santa and Mrs. Claus, NCHS kids' activities
- McVille Lutheran Church silent quilt auction
- Door prizes and more

New release!

The Price of Children by Mario Laurino (adult nonfiction, 2014)

New to the library:

Saint Bernards and Other Working Dogs by Holly Schroeder (youth nonfiction)

The Good, the Bad and the Spooky by Jory John and Pete Oswald (easy fiction)

In Order to Live: A North Korean Girl's Journey to Freedom by Yeonmi Park with Maryanne Vollers (nonfiction)

We Were Strangers Once by Betsy Carter (adult fiction)

Hope Rising by Kim Meeder (adult nonfiction)

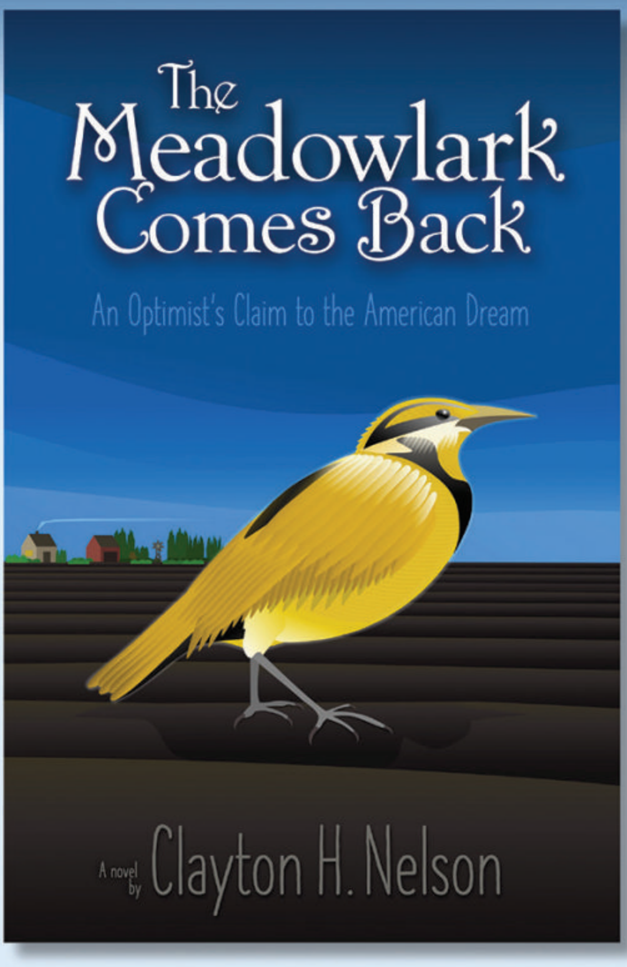
Falling Leaves by Adeline Yen Mah (adult nonfiction)

Little Falls by Elizabeth Lewes (adult fiction)

Happy Thanksgiving!
Enjoy every moment and every bite!

Free Historical Novel Highlights Early Farm Life in Nelson County

A newly published novel by Clayton Nelson, a 1936 graduate of Petersburg High School, will be available for free on Amazon Kindle from November 20 for five days. The Meadowlark Comes Back is a captivating story about working-class Scandinavian immigrants navigating life in a young America. Driven by curiosity, hope, and an unbreakable work ethic, the tale follows two adventurous brothers on a journey through the upper Midwest, ultimately leading them to a farm in Nelson County in the early 1900s.


The Meadowlark Comes Back
An Optimist's Claim to the American Dream
A novel by Clayton H. Nelson

The author grew up on the Leite family homestead, which continues to be farmed three miles east of Petersburg. After this limited-time free promotion, all proceeds from eBook sales will support literacy programs in the Dakota Prairie School District.

To download the book, search for The Meadowlark Comes Back on Amazon.com
The free Kindle app works with iPhone, iPad, Mac, Android and Windows.
Published by the author's son, Tim: Timbo.Nelson@gmail.com
amazonkindle

Sometimes the answers are right here in Nelson County.

Insurance answers should come easily from local agents you know and trust. Someone down the road, not across the country.
It's why we're focused on autos, homes and farms right here in our community

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The benefits of home security cameras

Homeowners go to great lengths to make their properties comfortable places to call home. Whether it's new interior furnishings or renovated outdoor living areas or the installation of various smart home technologies, there's no shortage of ways to upgrade a home with comfort in mind.

When homeowners renovate a home in an effort to make spaces more relaxing and welcoming, it's important they recognize the relationship between comfort and safety. A home is only as comfortable as it is safe, as residents might struggle to relax if they're concerned about their safety. Security cameras can help quell such concerns, which is one of a handful of reasons homeowners should consider these increasingly popular safety features for their homes.

· **Security cameras can help to deter criminals.** Property crimes may not garner the same level of news coverage as violent crimes, but a recent report from the Federal Bureau of Investigation indicated that there were still nearly 900,000 burglary offenses in the United States in 2022. That figure represents a decline of more than 50 percent since 2012, when FBI data indicates more than 1.8 million such offenses were committed. A host of variables undoubtedly contributed to that decline, and the greater availability and increased affordability of security cameras has made it easier than ever for homeowners to make their homes less appealing to prospective burglars.

· **Security cameras may help to lower insurance premiums.** Exterior security cameras can help individuals lower the cost of their homeowners insurance policies. The extent of those savings may depend on the type of cameras homeowners install and whether or not the cameras are integrated into a whole-home security system. The Insurance Information Institute notes that whole home security systems can save homeowners anywhere from 2 to 15 percent on their homeowners insurance policies. More advanced systems, such as those which feature alarms and exterior cameras, can earn homeowners greater savings on their policies.

· **Security cameras provide peace of mind while traveling.** Modern security camera systems now provide remote access through smartphone apps. That can give homeowners peace of mind when traveling, as they can monitor their properties when they're away from home and potentially alert local authorities if they notice anything suspicious on their remote feeds.

· **Security cameras can give parents peace of mind.** Much like security cameras help travelers keep an eye on their property while they're away, parents also may find that access to real-time video footage of their homes can calm their nerves when children are in the house. Parents can utilize cameras to keep tabs on youngsters playing in the yard and monitor feeds to see what older kids are up to while Mom and Dad are at work or away from the home for other reasons.

-metrocreativeconnection

Blood drive in Lakota Nov. 27

The Lakota American Legion Auxiliary and Lakota Ambulance are sponsoring a blood drive at the Lakota Community Center on Wednesday, Nov. 27 from 12:15 to 5:45 p.m. To schedule an appointment, please contact Lori Bazal at 701-741-6461 or sign up at Vitalant.org.

PLEASE NOTE!
Due to THANKSGIVING
garbage pick up will be
WEDNESDAY, Nov. 27
instead of Thursday, Nov. 28
We wish everyone a Happy Thanksgiving
LAKOTA SANITATION SERVICE

PARENTS LEAD
MAKE NOVEMBER A MONTH OF GRATITUDE!
Start a gratitude jar tradition as a family.
Public Health
Prevent. Promote. Protect.
Nelson-Griggs District Health Unit

~ Opinion ~

Random quotes

By Sue Klemetsrud

It's been a gray, yucky start to the week, so I figured we'd add some smiles with these random quotes from aimemehub.com. Some make no sense, some are definite groaners, but hopefully at least one will make you crack a grin today. Enjoy!

"My fake plants died because I did not pretend to water them." (Mitch Hedberg)

"I intend to live forever. So far, so good." (Steven Wright)

"I told the doctor I broke my arm in two places. He told me to stop going to those places." (Henny Youngman)

"A day without sunshine is like, you know, night." (Steve Martin)

"If you think nobody cares if you're alive, try missing a couple of car payments." (Earl Wilson)

"I used to do drugs. I still do, but I used to, too." (Mitch Hedberg)

"I don't want to belong to any club that would accept me as a member." (Groucho Marx)

"Some cause happiness wherever they go; others whenever they go." (Oscar Wilde)

"Two things are infinite -- the universe and human stupidity; and I'm not sure about the universe." (Albert Einstein)

"I haven't slept for ten days, because that would be too long." (Steven Wright)

"I have an existential map; it has 'You are here' written all over it." (Demetri Martin)

"I used to think the brain was the most wonderful organ in my body. Then I realized who was telling me this." (Emo Philips)

The rest of these were posted by unknown people, but still funny and deserve a repeat.

"I used to play sports. Then I realized you can buy trophies. Now I'm good at everything."

"I think vests are all about protection. Like, 'I'm wearing two jackets. I'm not scared.'"

"I like a woman with a head on her shoulders. I hate necks."

"I'm not arguing, I'm just explaining why I'm right."

"I'm on a seafood diet. I see food and I eat it."

"I told my computer I needed a break, and now it won't stop sending me Kit-Kats."

"Why don't scientists trust atoms? Because they make up everything!"

"I'm reading a book on anti-gravity. It's impossible to put down!"

"I would lose weight, but I hate losing."

"I'm on a whiskey diet. I've lost three days already."

These last quotes are from tuko.co.ke. They were also listed without sources.

"Doing nothing is hard, you never know when you're done."

"I love to talk about nothing. It's the only thing I know anything about."

"I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with them later."

"If you want your children to listen, try talking softly to someone else."

"I must be a squirrel because I attract all the nuts."

"I'm not superstitious, but I can be a bit stitious at times."

And my personal favorite. . .

"Roses are red, my name is Dave, this makes no sense, microwave."

Did You Know?

Crossword puzzles have been enjoyed for years and years. Arthur Wynne, a journalist from Liverpool, England, is usually credited as the inventor of crossword puzzles. The first such puzzle appeared in the Sunday newspaper the New York World on December 12, 1913.

Wynne's crosswords differed from modern ones in that the crossword was diamond-shaped and contained no internal black squares. Over time, additional publications recognized the popularity of crossword puzzles and started including them in their papers. Typically, the standard for crossword puzzles is a 15-by-15 square.

The puzzle may have a theme that the words share in common. Another tradition in puzzle design is that the grid should have 180-degree rotational symmetry, so that the pattern appears the same if the paper is turned upside down. Grids appearing in North American newspapers and magazines consist mainly of solid regions of uninterrupted white squares, separated sparsely by shaded squares.

Elsewhere around the world the grids feature a greater percentage of shaded squares. Crossword puzzles are not only a popular pastime. Researchers continue to study how doing puzzles like crosswords strengthens cognitive health. Starting out with easier puzzles and building up in difficulty can make them easier to solve. Also, over time, avid crossword enthusiasts often learn repeated patterns and words that appear frequently in these puzzles.

-metrocreativeconnection

LAKOTA'S HOLIDAY LIGHT DISPLAY CONTEST
① All homes within Lakota are welcome to participate.
② Must be registered to participate! Pick up and submit entry form at City Hall, by December 14.
③ Judging takes place between December 20 - 22.
④ Each winner will get designated yard sign and $100 in Lakota Bucks!

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Sale ends November 30, 2024
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The Savvy SENIOR

By Jim Miller

How to Know if You're Getting Osteoporosis

Dear Savvy Senior,

Can a person in their early 50s have osteoporosis? When I fell and broke my wrist last winter, the doctor who treated me told me I might have osteoporosis.

Surprised Susan

Dear Susan,

While osteoporosis is much more common in adults over age 60, it can strike younger people too. In fact, according to the Bone Health and Osteoporosis Foundation, half of women and up to 25 percent of men in the US over age 50 will break a bone due to osteoporosis. Here's what you should know.

Osteoporosis, a disease that weakens your bones, is also called a "silent" disease because there are no warning signs until a fracture occurs. Around 10 million Americans over age 50 currently have osteoporosis, and an additional 44 million have osteopenia (lower than normal bone density) -- 80 percent of whom are women.

Most people, by the time they reach their late 30s, gradually start losing some of their bone mass, but for women, the biggest decline happens in the five to seven years following menopause, when levels of estrogen, which helps to keep bone strong, plummets. Bone loss for men occurs much more gradually. However, by age 75, osteoporosis is as common in men as it is in women.

To help you determine your risk of osteoporosis, the International Osteoporosis Foundation has a quick, online test you can take at RiskCheck.Osteoporosis.Foundation.

Bone checkup: According to the BHOF, all women over 65 and men over 70 should have a baseline dual energy X-ray absorptiometry (DXA) scan, which is a painless measurement of the calcium in your bones. But those at high risk should start around age 50. Factors that make a good case for early screening include having a family history of osteoporosis, a broken bone after age 50, vitamin D deficiency, a smoking habit, medical conditions such as diabetes or rheumatoid arthritis, or previous or current use of medications that can weaken bones, like steroid prednisone and certain antidepressants.

Most bone density tests are covered by health insurance companies including Medicare, and are done in hospital radiology departments, private radiology practices and stand-alone clinics.

Bone-builders: If your bone scan finds that you have osteopenia but have a low to moderate 10-year fracture risk, lifestyle measures are usually the best course of action. Three important things you can do to boost your bone health include:

- Get enough calcium and vitamin D: Calcium helps keep bones strong, and vitamin D helps us absorb calcium. Women older than 50 and men over 70 need at least 1,200 mg of calcium per day ideally from foods like dairy, canned sardines, kale and fortified orange juice. Adults over 50 need 870 to 1,000 IU of vitamin D each day, but that's hard to get from food. Have your levels checked to see if you need a supplement.
- Exercise: Low-impact weight-bearing exercises like walking, and strength training with light weights or resistant bands several times a week, can actually help build bone strength, as well as improve balance and muscle strength.
- Don't smoke: Women who smoke a pack of cigarettes per day as adults have less dense bones at menopause.

Osteoporosis Meds: If, however, your bone density test finds that you have osteoporosis, your doctor will probably recommend medications. The first line of treatment is usually bisphosphonates such as alendronate (Binosto and Fosamax), risedronate (Actonel and Atelvia), and ibandronate (Boniva). These oral or injectable drugs slow the breakdown of bone but won't build it back.

For severe osteoporosis your doctor may instead prescribe an anabolic: teriparatide (Forteo), abaloparatide (Tymlos), or romosozumab (Evenity). These are typically given as daily or monthly injections and they increase the amount and strength of bones.

Send your senior questions to: Savvy Senior, PO Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC "Today" show and author of The Savvy Senior *book.*

Enterprise Finnish Cemetery donations

Memorials and donations are always welcome to assist with the upkeep of the Enterprise Finnish Cemetery. They may be sent to Candy Hess, PO Box 24, Lakota, ND 58344.

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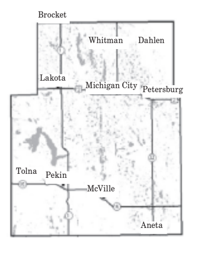

The Nelson County CALENDAR OF EVENTS

Nov. 27: Blood Drive, Lakota Community Center, 12:15 - 5:45 p.m.
Nov. 27: Lakota Close Up Lefse/Pie Sale, Lakota Library, 3:30 - 6 p.m.
Nov. 30: Rick & Debby Marquart 50th Anniv. Celebration, Lakota CC, 5 - 8 p.m.
Dec. 1: McVille Community Library Winterfest
Dec. 7: Lefse Day/Rummage/Bake Sale/Vendor Show, St. Mary's, Lakota, 10 a.m. - 12 noon

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Keep food safety on the table when preparing your Thanksgiving feast

Turkey is the most popular dish during Thanksgiving celebrations, yet there are many inexperienced cooks who will be in the kitchen. The US Department of Agriculture (USDA) is encouraging consumers to practice food safety throughout the entire Thanksgiving process, from the grocery store to the dining table.

"On the most popular food holiday of the year, we're reminding consumers to follow safe food handling practices starting at the grocery store and going all the way through enjoying your leftovers," said Under Secretary for Food Safety Dr. Emilio Esteban. "Following these basic steps can help keep your family and friends safe this holiday season."

To keep your Thanksgiving food safe, follow this guide:

Shopping

- Bacteria can multiply to dangerous levels if perishables, like turkey, are left in the "Danger Zone" (temperatures between 40 F and 140 F) for too long. Pick up your turkey and other perishable products at the end of your grocery shopping so they stay cold as long as possible. Pack perishables in insulated bags with cold sources if the commute home is longer than an hour, and place them in the refrigerator as soon as you get home.
- Make sure the packaging of your turkey is not torn or leaking. Juices from raw poultry can cause cross-contamination of harmful bacteria that can get you sick. Place turkey and other raw meat products in plastic bags and in a separate part of your shopping cart to prevent harmful bacteria from spreading.

Thawing

A frozen turkey can be safely thawed in the refrigerator or in cold water:

- When thawing in a refrigerator at 40 F or below, allow roughly 24 hours for every four to five pounds. Consider putting the turkey in a container or dish to contain juices that may leak.
- When thawing in cold water, allow roughly 30 minutes per pound. Submerge the wrapped turkey into the cold water and change the water every 30 minutes until the turkey is fully thawed. Once thawed, cook the turkey immediately.

Preparing

When it is time to prepare the turkey, keep in mind that turkeys may contain bacteria that cause foodborne illness. Keep the turkey and its juices separate from foods that won't be cooked, and fully clean and sanitize surfaces that come into contact with the turkey and its juices. A USDA study found that about 30% of consumers did not successfully clean and sanitize kitchen surfaces around meal preparation.

Washing a turkey is risky because it can spread bacteria to your sink and other nearby surfaces. If you choose to wash it, make sure to fully clean surfaces with soap and water afterward and then sanitize using a sanitizing solution.

Cooking

There are many ways to cook a turkey, but one thing remains consistent: the turkey needs to reach a safe minimum internal temperature of 165 F, as measured by a food thermometer, in three places -- the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing. Always use a thermometer to make sure the turkey is fully cooked even if the turkey has a pop-up temperature indicator. If stuffing your turkey, the stuffing must also reach 165 F in the center of the stuffing.

Serving

- When serving food to groups, remember the two-hour rule. Perishable foods that have sat out at room temperature for more than two hours are unsafe, due to bacterial growth, and must be discarded. When you are serving food, keep your hot food hot and cold food cold. This will keep it from developing harmful bacteria. Hot foods such as turkey, macaroni and cheese, stuffing, mashed potatoes and gravy must be kept at or above 140 F, and you can do so by serving them in warming trays, chafing dishes, slow cookers, etc.
- Cold foods such as salad, cranberry relish, deviled eggs and cold dips must be kept below 40 F, and you can do so by serving them in trays or bowls nestled over ice. Remember to replace the ice as it melts. You can also serve cold foods by dividing them in small portions and serving them a portion at a time, keeping the remainder in the refrigerator.

Leftovers

Leftovers are arguably one of the best parts of Thanksgiving. For leftovers to be safe to keep, they must be refrigerated within two hours of serving or have been kept hot at or above 140 F or cold below 40 F. Discard any foods that sat out for more than two hours at room temperature because bacteria that cause foodborne illness could have reached dangerous levels. If you have turkey leftovers, carve the bird into smaller pieces and place them into small, shallow containers so the meat can cool evenly and quickly.

If you have food safety questions while planning and preparing your Thanksgiving feast, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at www.ask.usda.gov 9 a.m. to 5 p.m. Central, Monday through Friday, to reach a food safety specialist in English or Spanish. The Meat and Poultry Hotline is also open on Thanksgiving Day from 7 a.m. to 1 p.m. Central.

CHURCH SERVICES

HIGH PLAINS MINISTRY
Minister Rebecca Kjelland
Concordia Lutheran, Edmore
Lawton Lutheran, Lawton
Our Redeemer's, Fairdale
Nov. 24: Concordia 6 p.m. (w/supper)

ANETA COMMUNITY CHURCH
Interim Pastor John Gallagher
Adult Sunday school 10 a.m.
Sunday worship 11 a.m.

CATHOLIC CHURCHES
Rev. Brian Bachmeier
St. George, Cooperstown
Saturday Mass 5 p.m.
St. Lawrence, Jessie
Sunday Mass 8:30 a.m.
St. Agatha, Hope
Sunday Mass 11 a.m.
Sacred Heart, Aneta
Sunday Mass 3:30 p.m.

ANETA ELCA CONGREGATIONS
www.anetaelcacongregations.org

Nov. 24: Ottawa worship 9 a.m.; coffee fellowship (both churches) 10:15 a.m.; Sundahl worship 11 a.m.

Nov. 26: Internship committee 7 p.m.

Nov. 27: Community Thanksgiving service 7 p.m.

GRACE LUTHERAN CHURCH (LCMS)
Lakota, ND
Pastor Michael Suelzle
Sunday worship 9:30 a.m.

LAKOTA LUTHERAN CHURCH (ELCA)
Lakota, ND
701-247-2777
Bethlehem worship 8:30 a.m.; Lakota worship 10 a.m.

CATHOLIC CHURCHES
Rev. Troy Simonson
St. Joseph, Tolna
Saturday Mass 5 p.m.
St. Mary's, Lakota
Sunday Mass 9 a.m.
St. Lawrence O'Toole, Michigan
Sunday Mass 11 a.m.

NEW LUTHER VALLEY LUTHERAN CHURCH
McVille, ND
Pastor Lynn Kinneberg

Nov. 22: NLV annual congregational meeting 7 p.m.

Nov. 24: Bethany worship 9 a.m.; Sunday school 10 a.m. (both churches); NLV worship 11 a.m.; Bethany potluck supper 5:30 p.m. & Thanksgiving service 6:30 p.m.

Nov. 27: McVille community Thanksgiving service at NLV 7 p.m.

McVILLE LUTHERAN PARISH
Pastor Russ Pollock
SAM Truley Trautman
SAM Marla Larson
Lay Minister Gilbert Black
Our Savior's, Kloten
Nov. 24: Sunday worship 8:30 a.m.
McVille
Nov. 24: Sunday worship 10:30 a.m.

BETHESDA MINISTRIES
Non-Denominational
Michigan, ND
Pastor Robert Totman
Phone: 382-9297
www.churchinnd.com
Sunday worship 10:30 a.m.

MICHIGAN LUTHERAN CHURCH
Pastor Mark Kolbo
Michigan, ND
Nov. 24: Sunday worship 10 a.m.
Wednesdays:
Midweek devotion video

PETERSBURG-DAHLEN LUTHERAN PARISH
Pastor Valerie Teppo
Parish Office: 345-8485
Petersburg, ND
Sunday worship 9 a.m.
Dahlen, ND
Sunday worship 10:45 a.m.

MORNING STAR PARISH
Pastor Bethany Wurtz
American Lutheran, Tolna
Sheyenne Lutheran, Pekin
Sigdal Lutheran, Tolna
Warwick Lutheran, Warwick
Nov. 24: Sigdal 8 a.m.; Warwick 9:30 a.m.; American 11 a.m.

NEW LIFE FELLOWSHIP
Rural Tolna, ND
Rev. Jeff Kapelle
http://newlifefellowship.com

Sunday: 10:30 a.m. worship (watch live on the New Life Fellowship Facebook page); dinner second Sunday

Tuesday: Prayer meeting 10 a.m.; ladies' Bible study 1 p.m.

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20th St. & Lincoln Ave.
Devils Lake, ND
Sunday Sacrament 10 a.m.; meeting 11 a.m.

FINLEY ASSEMBLY OF GOD
Finley, ND
Rev. Mark Flaten
Prayer meetings 1st & 3rd Saturday
Missionettes 1st & 3rd Wednesday
Sunday school 9:30 a.m.
Sunday worship 10:30 a.m.
Tues. Ladies Bible study 2 p.m.
Weds. Bible study & prayer 7 p.m.

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How empty nesters can overcome boredom

Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss. That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome."

Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

· **Give your home a new look.** Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that space and refresh their homes. A home that's adapted for empty nesters will look quite different from one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

· **Become a weekend road warrior.** Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

· **Reconnect with old friends.** Some individuals experiencing empty nest syndrome may be hesitant to admit they're experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England found that 47 percent were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to speak with a health care professional as well.

· **Replace kids' activities with your own.** After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

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Obituary

Myron Anderson

Myron Juel Anderson, born Dec. 10, 1941 in Tolna, ND, passed away peacefully on Veterans Day, surrounded by memories and comradeship. The son of Julius and Magna (Urvand) Anderson, Myron grew up in Tolna, where he attended school and excelled as a basketball player.

In 1959 Myron enlisted in the United States Army, serving as an ammunition delivery specialist. Near the end of his service, President Kennedy's extension for military personnel led to his deployment in Germany, a journey he made by ship. Myron was honorably discharged in 1961, embodying the pride of a family with a strong tradition of military service.

Myron married Bernadine on Sept. 1, 1960 in Tacoma, Wash., where he was stationed. Together they raised three children: Yvonne, Vicki and Marlin. Myron worked as a meat processor for many years with Armor's Meat and Held Beef in West Fargo, ND. In 1987 he and Bernadine moved to Boise, Idaho, where he served faithfully for 15 years at Faith Lutheran Church. Upon retiring, they relocated to Battle Lake, Minn. At the time of his passing, Myron was a proud resident of the Fergus Falls Veterans Home, where he enjoyed sharing stories with fellow veterans.

Myron is survived by Bernadine; children Yvonne (Jon) Krabbenhoft, Vicki (Brad) Overby and Marlin Anderson; five grandchildren; one great-grandchild; his sister-in-law, Joan Anderson; and brother-in-law Larry McMahon and many nieces and nephews. He was preceded in death by his parents, Julius and Magna; his stepfather, Omar Fitcher; and seven siblings along with their respective spouses.

Myron's legacy of service, family devotion and faith will be fondly remembered by those whose lives he touched.

Identifying volunteer opportunities for older adults

Tom Thousand spent many years helping low-income residents with home repairs. After retirement, he knew he wanted to continue helping people in his free time.

He answered the call to serve through AmeriCorps Seniors RSVP. Since 2010 he has volunteered to deliver meals to those in need, transported donated food to food pantries and captained boats on a nearby lake for group trips. Thousand was there when his neighbors needed rides to medical appointments and the Red Cross needed help delivering blood in his community.

All across the country, AmeriCorps Seniors connects people aged 55 and older with opportunities to volunteer in their communities. The program matches each volunteer's interests and skills with local non-profit organizations. More than 140,000 older Americans serve their communities yearly through three core programs -- the RSVP Program, the Foster Grandparent Program and the Senior Companion Program.

Many older adults look for variety, flexibility and benefits when searching for a way to volunteer.

"Since it was established in 1971, our RSVP program has been one of the nation's largest older adult volunteer programs," said Atalaya Sergi, national director, AmeriCorps Seniors. "The program has a wide variety of service opportunities that allow volunteers to help address our nation's most pressing challenges. For our volunteers, RSVP takes the guesswork out of choosing how and where to volunteer their time and energy."

Opportunities vary by city and state, but the RSVP program offers volunteers diverse ways to serve through local organizations. Examples include packaging meals for people with disabilities or other older adults, working in a call center for fraud victims, coordinating poetry workshops at a community center to stimulate the minds of those participating, or transporting cancer patients to medical appointments. Service could also involve workforce development and job training or providing disaster preparedness assistance.

There are even select programs specifically designed to support veterans.

Mark Piscatelli volunteers at veterans' coffeehouses. Coordinated through his local AmeriCorps Seniors RSVP program, the coffeehouses allow veterans to gather and socialize with each other and with volunteers. The social setting creates a safe space, fostering community and stability for everyone involved. Guest speakers frequently visit and provide new and updated information to attendees on local and national veterans' services.

"AmeriCorps Seniors has created a wonderful opportunity for me to learn about veterans, veterans' issues, what they've experienced, what they currently experience and what some of their concerns are going forward," Piscatelli said.

David Langlois, a fellow volunteer, concurs.

"I really think that the bottom line is to support our veterans," he said.

Older adults need volunteer programs that fit their lifestyles and allow them to choose how, where and the frequency of their service. Commitments range from a few hours to 40 hours per week. This flexibility allows Piscatelli and his fellow volunteers to participate without feeling overwhelmed by time obligations.

Volunteering is more than a way to fill time, however. Research from sources such as the National Institute on Aging suggests that older adults who are engaged in social and community activities maintain mental and physical health longer than those who are not.

"After one year of service, 88% of our volunteers reported a decrease in feelings of isolation," Sergi said. "Plus, 78% of volunteers felt less depressed. That uplifts spirits and significantly impacts and benefits people's lives."

Volunteers like Thousand, Piscatelli and Langlois support people in need and strengthen their communities and neighborhoods. If you're 55 or older and looking for the right volunteer opportunity, visit AmeriCorps.gov/YourMoment to explore opportunities near you.

--Family Features

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The Good News

by Rev. Mark Flaten

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What Are You Thankful For?

Here's a fun game for your family to play this Thanksgiving. Give everyone a sheet of paper that has this question at the top: "What do you thank God for?"

Write all the letters of the alphabet vertically along the left margin. Have everyone write as many things as they can think of that begin with each letter. Set a time limit . . . for example, 10 minutes. When everyone is done, let each one share their answers with the group.

Your sheet would look like this:

What do you thank God for?
A -
B -
C -
D -
(continue to list letters all the way to Z)

The attitude of gratitude is important to foster. God has done many things for us. It reinforces our faith to recognize what God has done and to express our appreciation to Him.

We are taught in various places in Scripture to be thankful. For example, in 1 Thessalonians 5:18 the Apostle Paul writes, "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (New Living Translation)

The Thanksgiving Dinner

Rick Warren, author of *The Purpose Driven Life*, says, "I'm thankful that although life is not always good, God is always good. Having had a close friendship with Him for nearly 50 years, I know without a doubt that God sees all I go through, He cares, He grieves with me, He is close and His strength is available at all times."

An important reminder from Psalm 92:1-2 says:

"It is good to say thank you to the Lord, to sing praises to the God who is above all gods. Every morning tell Him, 'Thank You for Your kindness,' and every evening rejoice in all His faithfulness." (TLB)

Let's offer thanksgiving to God every day, not just one day a year!

Five steps to baby-proof your home

Your little one's on-the-go adventures mark a huge milestone for his or her development and your family. Before you allow your baby to trek freely from room to room, get your home ready for a child on the move with these safety steps and precautions:

Prepare before the birth

First-time parents are likely to embark upon a new life filled with late nights, sleep deprivation and a world of stresses they've never experienced or considered. Prepare your home before the baby is born to avoid the panic of waiting until the last minute.

Tour like your tot

The first step toward ensuring your home is ready for a mobile child is to see the world from the same level. Take a crawling tour around your home to see things that may be in the way or discover hazardous items that are within easy reach. Use all of your senses to assess any potential dangers.

Latch it up

Protect your little one from sharp objects and heavy items by installing child protection latches on all cabinets and drawers. For an added layer of protection, keep any sharp objects and harmful chemicals in high places only adults can reach.

Evaluate leaning objects

Bookshelves, bedside tables and the items placed on them, such as television sets and other large appliances, can be a threat to the safety of a small child trying to pull him or herself up and balance on two feet. Ensure these items are properly secured or keep them put away unless in use to avoid them being pulled on top of your child.

Other safety measures

To properly prepare your home for a mobile child, don't forget to take steps such as:

- Covering electrical outlets with safety plugs
- Placing safety gates at the top and bottom of staircases
- Installing fireplace screens
- Adding foam padding to sharp furniture corners and edges
- Placing a soft cover over the bathtub waterspout
- Removing blinds with looped cords or installing safety tassels and cord stops
- Stocking your first aid kit
- Putting non-slip pads under rugs

Find more tips to child-proof your home at eLivingtoday.com.

--Family Features/ Unsplash photo

Make guest rooms more welcoming

Hosting loved ones during the holiday season is a selfless act that enables families to create lasting memories.

As hosts prepare their homes for loved ones, they can consider these tips to make guests rooms as welcoming as possible for friends and family.

· **Check the bedding and replace, if necessary.** It's easy to overlook the comfort of bedding in a guest room, particularly since hosts may never sleep in their own guest rooms. When furnishing a guest room, it's not unheard of to repurpose an existing mattress from an owner's suite or another room and use for guest room bedding. Though that's acceptable, it's necessary to periodically inspect a guest room mattress to make sure it's still comfortable and supportive. If not, replace the mattress. A mattress topper, a new comforter and a new set of soft sheets also can make guest room bedding more comfortable.

· **Clear out the clutter.** Guest rooms can easily become depositories for old furniture and other items, which can create a cluttered and less than welcoming atmosphere in a space. Give each guest room a thorough once-over before guests arrive, removing pieces that might be creating a claustrophobic vibe. Keep in mind that guests will bring luggage, so a less cluttered space with ample room for their bags can make it easier to settle in.

· **Take a cue from hotels.** Hotels ensure guests have ample creature comforts at their fingertips. Holiday hosts can do the same when welcoming loved ones into their homes. Provide ample bed and bath linens, ensure the room has ample lighting so guests can read at bedtime and get dressed in plenty of light in the morning. A foldable luggage rack is another nice touch that can keep guests from having to dig through their suitcases on the floor.

· **Add an armchair where possible.** A spacious guest room allows hosts to provide some extra creature comforts. If the room allows, place a comfortable armchair and side table in the space so guests can read a book or catch up on the news on a tablet or smartphone. A comfortable, quiet and secluded place to sit provides guests a respite from the hustle and bustle of a home filled with holiday guests.

· **Install window coverings, if necessary.** A feeling of privacy is another important creature comfort guests will appreciate. Replace existing window treatments if they do not provide adequate privacy or if they do not keep the elements out in the morning. For example, a room that is sun-soaked by early morning each day may make it hard for guests to get sufficient sleep. Some blackout curtains or a new set of blinds allows guests to determine the amount of natural light that will greet them each morning.

-metrocreativeconnection

Choosing the best decking material

Beauty is in the eye of the beholder, and that notion is as true when renovating a home as it is when studying a piece of art. Therefore, when homeowners are looking for the best building materials for their home remodels -- including backyard decks -- their own personal preferences may ultimately dictate the direction they go.

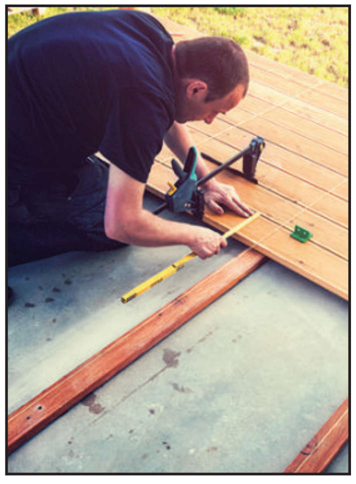
Deck boards and railings can be made from a diverse array of materials, including traditional hardwood, plastic and composite materials. Here's a deep look into some of the more popular decking materials so homeowners can make informed decisions when contracting with a decking professional for the build.

Hardwood, softwood or pressure-treated wood

In the not-so-distant past, decks were primarily built using some type of wood. Wood is widely available and fairly cost-effective. However, as anyone with a wood deck knows, wood requires frequent upkeep and it can be susceptible to rotting or insect damage. Wood decks also may splinter and deteriorate when exposed to the elements or pool water. Pressure-treated boards are infused with chemicals to help them endure, but that does not make them impervious to wear. Still, the traditional look of a wood deck remains appealing to many homeowners.

Composite

Composite decking materials are made from a blend of recycled plastic and wood fibers. Since there is so much recycled content, composite decks attract those who are concerned about the environment and sustainability. Composite decking comes in uncapped and capped varieties. The capped version has an extra layer of protective capping made from high-performance polymers, says TimberTech, a decking and outdoor furniture provider. While composite decks may have similar up-front costs to wood, they will require less maintenance over the years, but they must be scrubbed to avoid mildew growth.



Plastic

Decks made of polyvinyl chloride, polypropylene or high density polyethylene (HDPE) are collectively referred to as PVC decks. They are made entirely from environmentally safe plastic with no wood in the mix at all. PVC decks are more durable than composite and can last a lifetime. All PVC decks need is occasional cleaning. A potential disadvantage to PVC is it doesn't always look, sound or feel like wood. Also, complex fastening systems can make the boards move as the temperature changes, resulting in squeaking as people walk on the deck. Generally, PVC is more expensive than wood or composite, but that investment may be worth it for those who never want to worry about deck repair or replacement.

This Old House says there is another plastic decking material made from polystyrene. It is stiff, strong and light, and with the brand Eon, the nonslip surface becomes less slippery when wet so it may be great around pools.

Aluminum

Aluminum may not be as popular as other decking materials, but it is lighter and stronger than wood, composite, and plastic. Aluminum also is resistant to mold, weather and insects, and it can be recycled. An aluminum deck will last for years, which is why it is one of the more costly decking materials.

-metrocreativeconnection

Chores adolescents can tackle to help busy moms

Working mothers are as busy as ever. A recent survey from the United States Bureau of Labor Statistics found that women spend an average of more than two hours per day on household activities like interior cleaning and preparing meals.

That additional work can feel especially tiring after a full day's work at the office.

But mothers may have some help right under their noses. According to the American Academy of Pediatrics, adolescents can benefit from participating in various chores around the house. The AAP notes that helping out at home teaches kids the importance of contributing to a team while boosting their self-esteem by helping them feel valued and competent.

Kids might not jump at the chance to do chores, and some tasks may still be best performed by parents. However, the AAP notes that the following are some age-appropriate tasks for adolescents, the completion of which can help busy moms feel less overextended.

· Put away their belongings

· Do the laundry: Moms may want to teach kids the ins and outs of mixing light-colored clothes with dark clothes to avoid ending up with some accidentally pink attire.

· Folding and putting away clean clothes

· Vacuuming, sweeping and dusting: Emphasize safety when dusting so young adolescents don't feel compelled to clean areas that might be beyond their reach.

· Set and clear the table

· Wash and put away the dishes

· Feed and walk family pets: Adolescents also can be responsible for cleaning birdcages, fish tanks and litter boxes.

· Mop the floors

· Scrub the sink, toilet, bathtub, and shower stall

· Prepare their own lunches for school: Adolescents can make their own lunches, but moms may want to check to make sure lunches include some nutritious fare.

· Cook dinner one night a week: Cooking dinner should never take precedence over academics, but adolescents should be able to manage making meals once per week, even if it's on weekends.

· Yard work: Teach adolescents the proper ways to use lawn and garden tools before assigning them any tasks in the yard. In addition, only assign more taxing tasks like mowing the lawn when kids are physically capable of safely operating the machine.

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SUDOKU

	6	1		7	9		3	
		3	5	8	4			6
	5			6		7		
	9	8			2	1		7
			8				9	
	3			5		2		4
				9	8			5
	2			3				9

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Answer key on page 8!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

GET COOKING WORD SEARCH

G	Y	G	A	T	A	M	E	R	A	W	K	O	O	C	H	E	A	H	R
O	D	I	F	Z	A	Y	P	G	L	U	E	P	B	R	O	T	Z	G	T
Z	C	K	U	L	A	E	G	G	N	D	Z	T	F	C	O	S	P	J	N
W	R	O	F	I	P	I	B	C	P	I	N	H	H	R	F	A	C	L	R
Z	E	T	B	O	O	C	Y	D	C	P	N	E	S	O	Y	B	F	F	I
U	A	E	R	R	H	J	K	U	O	H	H	I	L	B	Y	I	J	M	W
C	M	Z	A	B	C	B	F	J	J	H	T	D	R	B	W	K	N	B	C
G	A	C	S	I	M	I	R	P	Y	E	H	D	O	B	G	S	J	G	Y
S	I	F	T	Y	Y	T	C	A	O	A	K	Z	F	W	E	K	O	A	E
Z	D	E	G	L	A	Z	E	D	I	A	O	U	I	H	Z	Y	F	N	K
B	O	D	T	H	C	S	M	D	L	S	C	B	A	K	E	G	N	F	B
F	G	B	B	D	A	U	W	I	R	H	E	H	N	O	G	E	K	N	T
B	B	F	N	T	R	H	I	B	A	E	A	L	O	Y	I	T	K	S	C
L	N	C	M	E	A	R	M	R	L	W	D	H	J	L	O	H	A	R	A
A	N	O	T	K	M	N	N	O	U	L	N	G	U	F	T	O	B	F	S
N	M	S	A	F	E	L	B	W	I	K	I	J	E	Y	R	K	J	B	S
C	Y	S	O	G	L	O	K	N	W	Y	D	R	O	L	U	D	B	P	G
H	I	E	D	P	I	B	U	G	C	J	H	I	G	R	W	W	M	Y	L
G	D	J	P	L	Z	N	Z	D	K	I	U	D	C	U	G	Y	J	H	B
W	L	E	L	S	E	A	O	U	T	E	T	K	G	E	A	C	D	N	J

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BAKE
BASTE
BEAT
BLANCH
BLEND
BOIL
BRAISE
BRINING
BROIL
BROWN
CARAMELIZE
CHOP
COOKWARE
CREAM
DEGLAZE
DICE
DREDGE
FOLD
FRYING
GRILL
JULIENNE
POACH
ROAST
SIFT

Dakota Gardener: A popping experiment

BY CARRIE KNUTSON
Horticulture agent,
NDSU Extension,
Grand Forks County

Did you try to grow anything new in your garden this growing season? If you are a regular reader of this column, you know I usually try to grow a new fruit or vegetable at home or in my school gardens. I had great success with okra last year. This year I decided to try something new at home. It is neither a fruit nor a vegetable; it is a grain.

My family loves popcorn, and while cruising the seed packets at the local garden center I spied some popcorn seeds. I thought, let's try growing some this year. It was a last-minute impulse and I should have done a bit of research first. As a result, I will share some tips to help make your popcorn-growing experience easier.

Popcorn, scientifically known as Zea mays everta, is different than our typical sweet and field corn. The outside of the kernel is tough, and the inside is starchy and has some moisture. The moisture is important as it is what allows the kernels to burst or "pop" when they are heated.

Corn is a cross-pollinated crop. This means pollen from the tassels (male flower) of one plant can land on and fertilize the silks (female flower part) of a different plant. This isn't a bad thing if you have the same variety of corn planted nearby. If you have different types of corn close together, the kernels will have different characteristics than the seed you planted. Consequently, popcorn must be isolated from other sweet or field corn plantings to prevent any popping issues.

Corn pollen can be carried by the wind and by insects. To ensure you have the best popping corn, isolate your patch by a distance of 300 feet. This is where the research comes in for my popcorn crop. I planted the popcorn next to sweet corn. I had some interesting cobs as a result.

Different than sweet corn and field corn, popcorn is a type of corn with kernels that burst when heated. (NDSU photo)

You can also plant popcorn first, as it takes more time to mature, and then plant sweet corn a couple of weeks later. Corn seed germinates best when the soil temperatures are warm, about 60 degrees Fahrenheit. Plant popcorn seeds in a grouping of at least four rows.

Rows can be spaced 18 to 24 inches apart. Follow the directions on the seed packet for seed depth and spacing in the rows. Be patient. Popcorn can take a long time to germinate and emerge from the ground. Trust me, patience is key. I thought about reseeding several times before the seedlings emerged.

Leave your popcorn cobs to dry in the garden as long as possible. It will probably be one of the last crops you harvest. The quality of the popcorn will depend on the moisture level at which it is stored.

You can try popping a few kernels every couple of weeks. High-moisture kernels will have popcorn that is tough and chewy. Once you have the perfect consistency, you can shell the kernels from the cobs and store them in sealed airtight containers.

There are lots of different popcorn varieties to choose from. Make sure to select a variety that will mature during your growing season. The NDSU Extension Home Garden Variety Trials recommend Dakota Black for popcorn varieties.

I tried Japanese Hulless and Strawberry popcorn this year with surprisingly good results. If you have a good popcorn variety to share, drop me a "kernel" and let me know. Happy gardening!

Habitat and hunting access summit is December 17

The loss of habitat across North Dakota is impacting game and nongame populations and, consequently, hunting license allocations. Coupled with increased challenges to finding hunting access, the state's long-standing hunting heritage is suffering.

To raise awareness about the need for more wildlife habitat on the landscape in a state that has lost its share over the years, and find productive pathways forward, the ND Game and Fish Department is hosting a habitat and hunting access summit on Tuesday, Dec. 17 at 4:30 p.m. at the Bismarck State College National Energy Center of Excellence.

Hunters, landowners, legislators, local business owners and others passionate about the state's wildlife are encouraged to attend. Registration is required and space is limited to 250 attendees. Food and drinks will be provided.

For more information or to register, visit gf.nd.gov/habitat-hunting-access-summit.

Weather report

MICHIGAN

Reports from the NDSU ND Agricultural Weather Network station at Michigan for the 24-hour period each day.

Date	High	Low	Rain
Nov. 11	40	24	
Nov. 12	47	30	
Nov. 13	44	25	
Nov. 14	41	29	
Nov. 15	56	28	
Nov. 16	48	34	
Nov. 17	47	29	

Weather report

PEKIN

Reports from the NDSU ND Agricultural Weather Network station at Pekin for the 24-hour period each day.

Date	High	Low	Rain
Nov. 11	40	26	
Nov. 12	49	30	
Nov. 13	45	24	
Nov. 14	41	30	
Nov. 15	56	27	
Nov. 16	50	34	.01
Nov. 17	49	32	

Tips to score tickets without breaking the bank

Live events have been in high demand in recent years. During the global COVID-19 pandemic, access to live events was limited, if not eliminated, in many parts of the world. When such restrictions were lifted, consumers could not get enough live entertainment. As a result, live event revenue in the entertainment and media industry was estimated to reach $68.7 billion in 2024, according to the PwC Global Entertainment & Media Outlook 2023-2027 report.

Fans of live entertainment like sports need not be told how costly it can be to see their favorite teams in person. According to the Bureau of Labor Statistics, prices for sports tickets surged 25.1 percent between October 2022 and 2023. That spike left many fans feeling priced out of seeing their favorite teams in person. However, fans can try a handful of strategies to score tickets without breaking the bank.

· **Shop the secondary market.** Great deals can be found on the secondary ticket market. Though there's never a guarantee that the secondary market will be more affordable than buying directly from a team, websites and apps like SeatGeek, Vivid Seats and others typically feature inventory long after teams release tickets through their own websites. Professional football teams may have limited inventory available for non-season ticket holders, so the secondary market may be the best option for fans who want to attend just one game. Scour these sites and apps and comparison shop between them.

· **Be patient.** Fans would be wise to remember the adage "patience is a virtue" when shopping for sports tickets, particularly if kickoff is months away. Sellers come from all walks of life, and some might be forced to unload their tickets at the last minute at discounted prices due to scheduling conflicts. In such instances, fans keeping a watchful eye on the secondary market may be able to snatch up great seats without going broke. Especially flexible fans may be able to score the best deals by waiting until the day of the game and shopping an hour or so before kickoff. At that point, sellers may be willing to take any amount for their seats just to get something back.

· **Utilize price alerts.** Price alerts can do the legwork for fans. Popular secondary market apps let fans set up alerts that allow them to define how much (or how little) they want to spend. When prices reach a price point fans are comfortable with, they will receive an alert via their email or a smartphone notification. Fans can then snatch up tickets right away.

· **Go on the road.** If time allows, following a favorite team on the road might be the most affordable way to see them live. Fans who live in densely populated cities like New York, Los Angeles and San Francisco can expect to pay more to see their favorite teams in person than fans in smaller markets. If it makes financial sense, and it might depending on where some fans live, it can be more affordable to plan a weekend getaway to see a favorite team on the road than it will be to pay inflated prices to see them play at home.

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MICHIGAN Hometown FOODS
Fundraiser to Michigan Hometown Foods for the replacement of wooden shelving and a freezer unit to comply with current safety standards by the State Board of Health. Donations can be made at First United Bank in Michigan or Michigan Hometown Foods.

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▶ Games!!! Prizes!!!
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Admission:
$10 - Adults
FREE - Students

Prairie Fare

By Julie Garden-Robinson
Food and Nutrition Specialist
NDSU Extension Service
NDSU | EXTENSION

Take precautions when serving guests with allergies

Milk and wheat are two of the "big nine" most common allergens that must be listed in the ingredient statement on food packages. (Pixabay photo)

"Did you get sick when you stayed with us?" I asked.

"No, not once," he responded.

"Whew!" I thought to myself.

He probably noticed my observations while he lived with us for a month.

Our former guest has celiac disease, so I took many precautions. I moved all the flour out of the kitchen. I taught myself how to bake with alternative ingredients or bought specialty mixes and food products.

I am a regular food label reader. With a special diet to consider, label reading became critical. Some food packages are labeled "gluten-free," and you can trust that information.

People with celiac disease must permanently avoid having wheat, rye, barley and anything cross-contaminated with those grains.

Celiac disease is an autoimmune disorder, which is different from a wheat allergy. For those with celiac disease, consuming gluten-containing foods damages the small intestine and affects the absorption of nutrients from food. When gluten is avoided, the intestine can heal.

Celiac disease is a genetic condition that affects about one in 133 people. People with the disease may experience weight loss, gastrointestinal distress, including bloating, anemia, diarrhea and other symptoms.

You may find yourself providing food for people with allergies or intolerances during the holiday season. Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans and sesame are the "big nine" that must be listed by the ingredient statement on food packages.

In all, at least 160 foods can cause issues for people. For example, some people are allergic to the sugar alpha-galactose found in red meat. Others may have allergies or sensitivities to sulfites, which can be found in wine, dried fruit and condiments.

Food allergy symptoms can range from mild to severe and can affect the skin, stomach and/or lungs. Some allergens cause vomiting, sneezing or a dry cough. Others can cause a swelling of the lips, tongue or throat and result in difficulty breathing, a loss of consciousness or death.

Yes, this is very serious.

Children may have more vague symptoms that can be confused with a cold or other illness. They might have a runny nose, congestion, sneezing, watery eyes, and earaches or infections.

The other day I was at a buffet. They did the right thing by signaling which items were gluten-free. However, anyone at the buffet could have used a spoon or tongs from a gluten-containing food to retrieve other food in the gluten-free bowls.

Avoid cross-contamination from kitchen preparation through serving. Allergens can be passed around, just like germs.

As we enter the season of holiday get-togethers, here are a few tips to help protect your guests who may have issues with allergens, intolerances or auto-immune diseases.

- If you are the host, make an effort to find out about any food issues. Make labels to go in front of the dishes to alert guests of the allergen-containing foods. Have the packages available so people can study the ingredient lists, because some allergens are not among the major allergens.
- Provide separate serving utensils and keep allergenic foods away from each other.
- If you or family members have severe allergies, you probably want to bring your own food to avoid the risk.
- In the kitchen, start with clean hands, utensils and containers. For example, if flour somehow made its way into your utensil drawer, carefully wash everything in the drawer. Even tiny amounts of wheat can pose an issue for those with celiac disease.
- If you have multiple guests with a peanut allergy, plan a menu that contains no peanuts or potential cross-contamination with peanuts.
- If you attend with a friend who has severe allergies, be sure to keep an eye on the person. Do they have an auto-injector pen containing epinephrine that you may need to use?

We have a series of publications at NDSU Extension ("All About Allergens") with more tips.

Here's a treat that does not contain wheat, but it contains another allergen, peanuts. You could substitute sunflower, soy or almond butter for peanut butter, and sunflower seeds for the peanuts.

Honey-Peanut Cereal Bars (Wheat-free)

1/4 cup sugar, granulated
1/2 cup honey
1/2 cup peanut butter
3 cups wheat-free cereal (Cheerios, Rice Chex, etc.)
1/2 cup salted peanuts

In a 3-quart saucepan over medium heat, heat sugar and honey just to boiling, stirring occasionally. Remove from heat. Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated. Press evenly in 9x9-inch buttered pan, using the buttered back of a spoon. Cool one hour. Cut into four rows by three rows. Store loosely covered.

Makes 12 servings. Each serving has 180 calories, 9 grams (g) of fat, 5 g of protein, 25 g of carbohydrate, 1 g of fiber and 130 milligrams of sodium.

A go-to sweet potato side

Sweet potatoes seem to scream "fall," especially this roasted version that pairs well with a wide variety of family favorites like fried chicken. It can be your go-to recipe when comfort cravings call for a savory (not sweet) side.

Pair your favorite fall meal with more side dish inspiration from Culinary.net.

Roasted Sweet Potatoes
Courtesy of "Cookin' Savvy"
Servings: 4

2 large sweet potatoes, washed and cubed
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
Salt, to taste
Pepper, to taste
Oil, for drizzling
2 tablespoons butter

Heat oven to 425 F.

In bowl, mix cubed sweet potatoes with garlic powder, onion powder and salt and pepper, to taste. Drizzle with oil; mix well.

Place sweet potatoes in baking dish and bake 30 minutes. Remove from oven and spoon butter over sweet potatoes, mixing well.

Note: If using small sweet potatoes, use four (one per serving).

--Family Features

Marquart

50th Anniversary

Rick and Debby Marquart
will celebrate their
golden wedding anniversary

Saturday, Nov. 30
5 - 8 p.m.
Lakota Community Center

There will be a short program with food and refreshments to follow. Rick and Debby were married on November 29, 1974. Since that special day, they've had 3 sons and 7 grandchildren.

All friends and family are welcome to come celebrate with this special couple.

Homemade meals to tackle takeout cravings

Many busy weeknights come down to one decision for frazzled families: cook at home or give in to takeout cravings. Instead of stressing over a decision, enjoy the best of both worlds and make Asian-inspired dishes from the comfort of your own kitchen.

Featuring a blend of chilled, freshly chopped vegetables; ready-to-eat, pre-cooked noodles; gourmet dressing sauce; and crispy toppings, Fresh Express Hot or Cold Salad and Noodle Meal Kits offer two meal options in every bag -- hot or cold -- so you can make your salad, your way. Available in teriyaki, Asian sweet ginger and Korean sesame flavors, they're the perfect inspiration for making takeout-style dishes at home.

Consider this marinated teriyaki steak with teriyaki noodle salad recipe, which combines juicy steak with crisp vegetables and pre-cooked udon noodles for the ultimate at-home comfort food in an effortless meal. For a quick and delicious solution that may just become a family go-to, these teriyaki tofu bowls are jam-packed with flavor, noodles and fresh veggies.

These homemade favorites feature a delicious blend of broccoli, red and green cabbage, kale, shredded carrots, radish and green onions in Fresh Express's Hot or Cold Teriyaki Salad and Noodle Meal Kit. The vegetable blend is tossed with pre-cooked udon noodles, white sesame seeds and crunchy wontons, then finished with a gourmet teriyaki dressing sauce for familiar Asian flavor.

Visit freshexpress.com/hot-or-cold to discover more than 300 fresh recipes and find a store near you.

Marinated Teriyaki Steak with Teriyaki Noodle Salad
Prep time: 1 hour
Cook time: 24 minutes
Servings: 4

1/2 cup dark soy sauce
1/2 cup brown sugar
1 tablespoon Sriracha sauce
1/2 cup unsalted chicken stock
1 pound flank steak
1 tablespoon sesame oil
1 bag (16.9 ounces) Fresh Express Hot or Cold Teriyaki Salad and Noodle Meal Kit

In saucepan, add soy sauce, brown sugar, Sriracha sauce and chicken stock; bring to simmer while whisking. Simmer 4 minutes.

Cool mixture down until cool to touch, about 20 minutes.

Slice steak into thin strips and place in bowl. Pour marinade over steak and marinate for 1 hour.

In large pan over medium-high heat, stir-fry steak 2 minutes.

Remove steak from pan and allow to rest.

In same pan used for steak, add oil and cook hot or cold kit according to instructions on bag.

Add steak back to pan and stir to incorporate.

Garnish with toppings from hot or cold kit and serve.

Teriyaki Tofu Bowls
Prep time: 20 minutes
Cook time: 10 minutes
Servings: 4

1 tablespoon rice wine vinegar
2 tablespoons dark soy sauce
1 tablespoon honey
1 teaspoon fresh grated ginger
1 tablespoon minced garlic
2 teaspoons white pepper
2 teaspoons Chinese five-spice
1/3 cup neutral oil
1 package (16 ounces) extra-firm tofu, cut into 1/2-inch pieces
1 bag (16.9 ounces) Fresh Express Teriyaki Hot or Cold Salad and Noodle Meal Kit

In bowl, whisk vinegar, dark soy sauce, honey, ginger, garlic, white pepper and Chinese five-spice until combined. Slowly pour oil into mixture while whisking vigorously. Place cut tofu in mixture and allow to sit 15 minutes. Bring large saute pan to medium-high heat and place tofu in, turning when crust forms. When tofu is finished, set aside and prepare hot or cold salad and noodle meal kit. Serve with tofu on top of hot or cold salad and noodle meal kit.

--Family Features

Start the day strong with a strawberry oatmeal smoothie

Making a delicious oatmeal smoothie has never been easier. Just six ingredients and a blender is all you need to make the perfect fruit smoothie at home. Deliciously sweet and creamy, this strawberry oatmeal smoothie makes for a healthy and filling breakfast or snack.

Strawberry Oatmeal Smoothie

1/2 cup rolled oats
1 banana
14 frozen strawberries
1 cup soy milk
1-1/2 teaspoon sugar
1/2 teaspoon vanilla extract

Use blender to grind up oats.

Add soy milk, strawberries, banana, vanilla extract and sugar then blend until smooth. Pour and serve.

--Family Features

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Matt Hodek & the Dakota Dutchmen
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Staff recognition at 10:45am
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Keep yourself and others safe the night before Thanksgiving

The evening before Thanksgiving may be crunch time for holiday hosts. However, for the hordes of college students arriving home for the first long break since the semester began, that night is often seen as a chance to let loose with friends close to home.

The night before Thanksgiving goes by many names, including Blackout Wednesday, Drinksgiving, Wacky Wednesday and even Whiskey Wednesday. MADD and many local law enforcement authorities warn that this day has become associated with binge drinking and additional dangerous behaviors that can put individuals at risk.

In fact, MADD says that Blackout Wednesday is one of the most fatal days of the year, even when compared to New Year's Eve or St. Patrick's Day.

Easy accessibility to liquor (as parents likely are stocking their supplies in advance of holiday entertaining), coupled with no school or work responsibilities, can give college students free rein to party. Furthermore, certain bars or entertainment establishments may offer promotions on the night before Thanksgiving to appeal to returning students or even others who want to let loose before the Thanksgiving weekend.

Thankfully, there are many ways to make the evening before Thanksgiving a bit safer.

· **Keep alcohol out of reach.** Parents may need to police their young adults by making alcoholic beverages less accessible to those who are not yet legally eligible to drink. Lock up liquor cabinets and do not try to be the "cool parents" by offering to buy or serve underage drinkers. There's a very real legal risk should you serve an underage drinker and he or she goes on to get hurt or injure someone else.

· **Choose designated drivers.** Those who are 21 are free to drink, but reminders should be made to never get behind the wheel while intoxicated. Arrange for a rideshare vehicle or offer to pick up a loved one if need be.

· **Offer to host friends.** Your college student can be encouraged to invite people over for refreshments and entertainment that does not revolve around drinking alcohol. Hosting such a gathering means you can keep tabs on your own child.

· **Avoid packed establishments.** Encourage your child to skip bars or restaurants that are packed with other students to reduce the pressure to drink heavily.

· **Go out with an accountability buddy.** Ria Health suggests students look out for one another and embrace the buddy system. This way one student can stop the other if he or she is being irresponsible. Binge drinking can result in memory issues, unsafe sex, fights, sexual assault, and alcohol poisoning. People who binge drink often also may develop a dependence on alcohol.

· **Keep things open and honest.** Foster a strong relationship with your child so there is comfort in communicating. Those who are nervous about contacting parents if they become intoxicated may take risks rather than calling home.

-metrocreativeconnection

Did You Know?

Driving while under the influence is dangerous and potentially deadly. And driving while intoxicated also hits drivers in the pocketbook. A DUI charge is warranted when a driver's blood alcohol content tests over the legal limit of 0.08 for all states in the United States except for Utah, where the limit is 0.05. According to the alcohol monitoring company BACtrack®, a DUI can cost upwards of $20,000 or more, even if property damage has not occurred. While every DUI is different, various factors contribute to the price drivers ultimately pay. These include bail, attorney fees, court fines and costs, probation, and DMV fees. A state's department of motor vehicles will charge to reinstate a license if it has been suspended or restricted. One also can face transportation costs, like public transportation and taxis. According to Canada's Department of Justice, impaired driving carries a mandatory $1,000 fine and maximum 10 years imprisonment on the first offense. On a second offense, there is a minimum 30-day imprisonment to maximum 10 years imprisonment. A third offense includes mandatory minimum 120 days imprisonment and up to 10 years imprisonment. Both the U.S. and Canada fine drivers charged with DUI. Of course, the most serious cost incurred driving under the influence is the cost to human life, which can be a very real possibility if driving drunk or under the influence of drugs. Learn more about state DUI laws by visiting dui.drivinglaws.org/resources/state-dui-laws.htm.

-metrocreativeconnection

Slow cook some spicy wings for the big game

Certain foods have become part and parcel of watching a particular sport. For example, who can attend a baseball game and resist the temptation to indulge in a hot dog? For football fans, chicken wings are the go-to game day dish. There's no shortage of ways to prepare chicken wings, but fans who like their game day grub to have a little kick can try this recipe for "Spicy Soy Chicken Wings" courtesy of Andrew Schloss's *Cooking Slow: Recipes for Slowing Down and Cooking More* (Chronicle Books).

Spicy Soy Chicken Wings

Makes 4 servings

4 lbs. chicken wings, cut into sections at the joints, tapered wing tips trimmed and discarded

Coarse sea salt and freshly ground black pepper

2/3 cup soy sauce

2/3 cup firmly packed dark brown sugar

1 teaspoon dark sesame oil

1/4 teaspoon cayenne pepper

1/8 teaspoon hot chili powder, preferably habanero

2 garlic cloves, minced

Combine the chicken wing pieces with a generous amount of salt and pepper in a large zippered plastic bag. Close the bag tightly and refrigerate for at least 12 hours or up to 24 hours.

Preheat the oven to 225 F. Transfer the chicken to a baking dish in a single layer without crowding.

In a small saucepan, stir together the soy sauce, brown sugar, sesame oil, cayenne, chili powder, and garlic and heat to a simmer, stirring to dissolve the sugar. Pour over the chicken. Cover the baking dish with aluminum foil and cook until the chicken is nearly falling off the bone, about 3 hours.

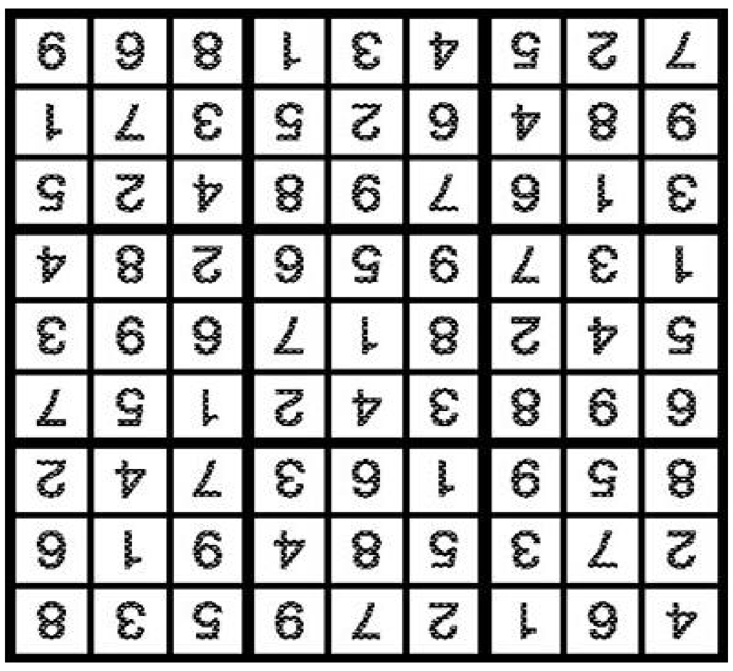
Raise the oven temperature to 450 F and continue baking until the chicken browns and the sauce thickens into a glaze, about 10 minutes longer. Watch carefully near the end of the cooking time to avoid burning. Toss the wings in the sauce to coat and serve.

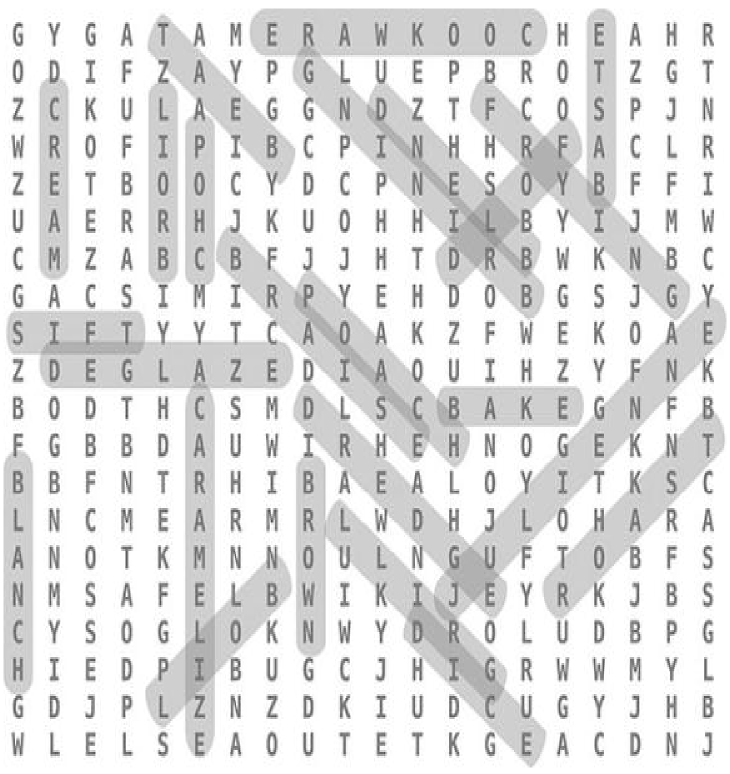
Variation: In a slow cooker:

Follow the recipe, cooking the chicken in a 6-quart slow cooker on high for 3 to 4 hours, instead of a baking dish in the oven. When the wings are cooked through, transfer to a bowl. Simmer the sauce with the lid of the cooker off until it thickens, about 10 minutes longer. Toss the wings in the thickened sauce and serve.

-metrocreativeconnection

Sudoku answers




G Y G A T A M E R A W K O O C H E A H R
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W L E L S E A O U T E T K G E A C D N J

MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD

October 1, 2024 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Aaron Mork, Mike Haugland, Harley Eidsness, Cameron Swenson and Steve Forde.

Moved by Park Board member Swenson and seconded by Park Board member Mork to approve the minutes from the September 3 and 10 meetings as presented. All members voted "yes." Motion carried.

Additions to the Agenda -- Grant discussion.

Moved by Park Board member Mork and seconded by Park Board member Forde to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None.

Donna Rickford, campground manager, and Bud Pittenger, maintenance manager, joined the meeting to give an update on Stump Lake Campground.

Nathan Parks, auditor, discussed the Historical Society Grant application for the pavilion.

Moved by Park Board member Forde and seconded by Park Board member Mork to pay the bills as presented: Boote Septic Solutions -- $1,050.00; Leading Edge Equipment -- $22.78; Ohnstad Electric -- $387.59; Donna Rickford -- $250.00; Tri-County Water -- $1,757.30; Lakota American -- $93.00; Capital One Trade Credit -- $133.43; Interstate Billing Services -- $101.18; Lakota Hardware -- $296.19; Lakota Auto, Truck & Tire -- $338.75; ND Telephone Co. -- $454.20; Nodak Electric -- $3,033.00; Bud Pittenger -- $480.39; Menards -- $967.39. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Park Board member Mork and seconded by Park Board member Haugland to adjourn the meeting. All members voted "yes."

Meeting adjourned.

Nathan Parks
Secretary

Cody Johnson
Chairman

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION

October 1, 2024 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson. Roll call was taken and the following members were also present: Commissioners Aaron Mork, Mike Haugland, Cameron Swenson and Steve Forde.

Moved by Commissioner Swenson and seconded by Commissioner Forde to approve the minutes from the September 17 and 19 meetings. All members voted "yes." Motion carried.

Additions to Agenda -- NDACo conference and abatements.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business.

John Steffan joined the meeting to discuss county approval for an anhydrous tank application.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve signing the anhydrous tank application for John Steffan. All members voted "yes." Motion carried.

Nathan Parks, auditor, presented information on the iCrimeFighter program for the state's attorney's office. Jayme Tenneson, state's attorney, also joined the meeting to provide more information.

Moved by Commissioner Mork and seconded by Commissioner Forde to approve the purchase of iCrimeFighter for the state's attorney's office in the amount of $2,500. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented a building permit for approval.

Moved by Commissioner Forde and seconded by Commissioner Mork to approve the building permit. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on attendance to the North Dakota Association of Counties Annual Conference.

At 10 a.m. the Nelson County budget hearing was called to order.

Discussion was had on the Nelson County budget.

Budget hearing was closed.

Michelle Linstad, tax director, joined the meeting to discuss abatements.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve the abatements for parcel 27-0001-67804-000. All members voted "yes." Motion carried.

Discussion was had on the District 29 legislators' town hall that was attended by both Nathan Parks, auditor, and Michelle Linstad, tax director.

Moved by Commissioner Swenson and seconded by Commissioner Forde to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Commissioner Mork and seconded by Commissioner Haugland to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks
Nelson County Auditor

Cody Johnson
Chairman
Nelson County Commissioners

MINUTES OF SPECIAL MEETING NELSON COUNTY PARK BOARD

October 15, 2024 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Dennis Fahey, Aaron Mork, Mike Haugland, Harley Eidsness, Cameron Swenson and Steve Forde.

Moved by Park Board member Mork and seconded by Park Board member Forde to approve the agenda as presented. All members voted "yes." Motion carried.

Approved minutes from the September 10 Park Board meeting at Stump Lake Campground were reviewed. No changes were to be made to those minutes.

Donna Rickford, campground manager, and Bud Pittenger, maintenance manager, joined the meeting to give an update on Stump Lake Campground.

Donna Rickford presented a financial report for the 2024 camping season.

Nathan Parks, auditor, presented the electric bills that are to be sent out.

There being no further business, moved by Park Board member Mork and seconded by Park Board member Haugland to adjourn the meeting. All members voted "yes."

Meeting adjourned.

Nathan Parks
Secretary

Cody Johnson
Chairman

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION

October 15, 2024 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson. Roll call was taken and the following members were also present: Commissioners Aaron Mork, Mike Haugland, Cameron Swenson and Steve Forde.

The board and visitors present recited the Pledge of Allegiance.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the minutes for the October 1 meeting as presented. All members voted "yes." Motion carried.

Additions to Agenda -- Budget discussion.

Moved by Commissioner Mork and seconded by Commissioner Forde to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business. Paul Bjornson, KLJ, also joined the meeting for an update on federal aid projects.

Nathan Parks, auditor, presented abatements for approval from Michelle Linstad, tax director.

Moved by Commissioner Haugland and seconded by Commissioner Swenson to approve the abatements on parcel 15-0001-23599-000. On a roll call vote all members voted "yes." Motion carried.

Minimum sale price for the 2024 foreclosure sale was discussed. Minimum sale price for properties foreclosed on in 2024 will be set at the current three years owing plus an estimated fourth year. Properties foreclosed on in previous years were reduced to encourage purchasing and getting those properties back on the tax rolls. All specials would remain on properties.

NEW:

06-0000-01506-100: 00-154-057 N 62.26 FT OF LOT 10, BLOCK 2, DAHLEN TOWNSHIP $107.90

06-0000-01506-300: 00-154-057 LOT 12, BLOCK 2, DAHLEN TOWNSHIP $64.47

15-0001-23569-000: LOTS 9 & 10 OF BLOCK 30, LAKOTA CITY $2,096.52

18-0001-35314-000: LOTS 13 - 15 OF BLOCK 15, McVILLE CITY $1,739.37

22-0000-06876-500: 33-153-057 PART OF SW 1/4, NASH TOWNSHIP $625.22

27-0001-67837-000: LOTS 10 - 12 BLK. 15, PETERSBURG CITY $8,327.03

31-0000-08928-000: 00-154-058 LOTS 3 - 12, BLOCK 1, SARNIA TOWNSHIP $220.03

31-0000-09028-000: 00-154-058 LOT 9 OF BLOCK 6, SARNIA TOWNSHIP $61.75

OLD:

02-0003-11675-000: OUTLOT 1 L. 1ST ADD., ANETA CITY $100.00

13-0000-02797-000: 36-152-061 LOTS 1- 5, ILLINOIS TOWNSHIP $100.00

13-0000-02799-000: 36-152-061 LOT 6, ILLINOIS TOWNSHIP $100.00

15-0001-23821-000: LOTS 6 & 7 & LOT 8 EXC N 2' OF E 50' OF BLOCK 42, LAKOTA CITY $10,552.96

20-0000-06052-000: 32-153-058 PART OF SE 1/4 NE 1/4 LESS .08 A EASMT, MICHIGAN TOWNSHIP $100.00

31-0000-08926-000: 00-154-058 LOTS 1 & 2 OF BLOCK 1, SARNIA TOWNSHIP $100.00

31-0000-09013-000: 00-154-058 LOTS 13 - 18 BLOCK 5, SARNIA TOWNSHIP $100.00

31-0000-09029-000: 00-154-058 LOTS 10 - 12 OF BLOCK 6, SARNIA TOWNSHIP $100.00

31-0000-09032-000: 00-154-058 LOTS 13 - 16 OF BLOCK 6, $100.00

31-0000-09072-500: 16-154-058 PART OF N 1/2 SW 1/4 FORMERLY TWO LEASE SITES PARCELS #9072 & #9073 $100.00

Moved by Commissioner Mork and seconded by Commissioner Forde to approve the minimum sale prices for the 2024 foreclosure sale as discussed. On a roll call vote all members voted "yes." Motion carried.

Jesse Madche, chief deputy sheriff, joined the meeting to introduce Sheriff K-9 Raith.

Kurt Schwind, sheriff, joined the meeting to discuss sheriff business.

2025 budget discussion was revisited.

Moved by Commissioner Forde and seconded by Commissioner Mork to approve the 2025 budget. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented the financial statements for the month of September.

Moved by Commissioner Swenson and seconded by Commissioner Haugland to approve the September financial statements. On a roll call vote all members voted "yes." Motion carried.

Jeff Ritteman, former building and grounds supervisor, joined the meeting to be awarded a plaque in thanks for his 10 years of hard work and dedication to Nelson County.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

ND Public Employees Ret. System	$125,117.98
Internal Revenue Service	53,609.01
ND Office of State Tax Commissioner	1,425.26
Job Service of ND	2,816.09
Marco Technologies, LLC	490.55
Bergen Township	5,975.50
Dayton Township	693.18
Illinois Township	4,497.58
Amber Fahey	299.42
Balco Uniforms	690.00
Cenex Fleet Fueling	99.46
Creative Planning	182.33
DL Ford	292.88
Docu Shred, Inc.	85.61
Election Systems & Software	4,317.20
Farmers & Merchants Bank	3,458.63
Angela Herda	286.76
Jennifer Bachmeier Agency	1,726.00
Lakota Municipal Utilities	985.73
LaQuinta Inn	428.00
NDACo Resources Group	1,960.24
ODP Business Solutions	226.56
Softchoice Corporation	583.00
Underground Vaults & Service	200.00
Vestis	209.82
Farmers Elevator Co. of Honeyford	15,501.97
Farmers Union Lumberyard	58.48
Farmers Union Oil Co. Tolna	4,698.08
Forks Freightliner GF	219.36
Pomp's Tire Service, Inc.	610.28
Sign Solutions USA	34.37
Valley Petroleum Equip.	129.29
Advanced Business Methods	174.80
Axon Enterprises	165.10
City of Lakota	200.00
Gowan Construction	23,618.50
Guardian Fleet Safety	16,513.99
Lakota Feed, Inc.	32.00
NDSU Extension	5,676.09
Otter Tail Power Co.	629.94
Polar Communications	754.35
Premium Waters	201.96
Ramsey Co. Auditor	17,514.76
Traci Lagein	30.00
Tyler Technologies	24,224.13
Verizon Wireless	611.22
Farmers Union Oil Co. DL	2,628.67
LR Law Enforcement Center	7,785.00
Lakota American	495.40
Miller Repair	374.42
Office of Attorney General-1250	390.00
At-Scene, LLC	2,250.00
Core Medical, LLC	1,579.22
Cowboy's Towing	324.00
Dakota Business Solutions	253.99
Hamster Oil, LLC	141.32
Casey Hillebrand	60.00
Information Technology Dept.	1,216.55
Lakota Hardware	5.99
Law Enforcement Systems	74.00
ND State Radio Communications	120.00
Nodak Electric Co-op	149.00
The Duke's	160.00
City of Michigan	75.61
Gilbertson's	112.70
NAPA Central	358.97
ND Assn. of Counties	69.30
ND One Call	25.50
Verizon Connect	165.38
City of McVille	135.34
D & M Service	36.40
Don Dvorak Gravel, Inc.	11,770.63
Elite K-9, Inc.	33.77
Environmental Systems Research	460.00
Lakeside Construction & Services	7,796.25
Menards	16.98
ND DOT	5,577.18
ND Telephone Co.	162.79
PharmChem	63.90
Stacey Reiten	203.00
Turtle River Construction	47,000.00
Rysavy Plumbing & Heating	268.65
Nathan Parks	186.26
Yunker Law	4,036.88
Total $418,818.51	
County General Net Salary	$67,421.95
R & B Net Salary	50,154.67
Human Services Net Salary & Exp.	123,034.93
Weed Control Net Salary & Exp.	2,912.91
Total	$243,524.46
Grand Total	$662,342.97

There being no further business, moved by Commissioner Swenson and seconded by Commissioner Mork to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks
Nelson County Auditor

Cody Johnson
Chairman
Nelson County Commissioners

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DAKOTA DATEBOOK

Standard Railway Time

BY CAROLE BUTCHER

November 18 -- For centuries, the accurate measure of time was unnecessary. People measured time in the transition from day to night and back again. Devices invented to provide a slightly more accurate measure included the sundial, sand timers and burning candles. These methods were not terribly accurate, but were adequate for the times. Life continued, despite the inability to precisely denote the time.

Clocks and watches were eventually developed, but until the mid-18th century, these were primarily for the wealthy. The lower classes still ordered the day according to the sun. Back when travel and communication were slow, time was not a major issue. Passengers in horse-drawn coaches were happy if they got to their destination within hours of their planned time of arrival, and mail delivery was less than dependable.

Then the railroad arrived. Time became more crucial. Travel became faster and more reliable. It was important for the trains to run on time. But each railroad ran on its own time. The Pennsylvania ran on Allegheny time. New York trains ran on New York time. Trains running out of Chicago ran on Chicago time. From Buffalo to Chicago the standard was Columbus time, even for trains that didn't run through Columbus. Sandford Fleming, a Canadian engineer, recognized that the system was chaotic and unworkable. He led the effort to standardize time.

On this date in 1883, precisely at noon, all North American railroads adopted a new standard time for all railroad operations. This new system was called Standard Railway Time. It established time zones across the continent. Although the advantages were obvious, it took a while for the system to be adopted by the general public. It wasn't until 1918 that Congress adopted standard time zones based on the railroad zones.

It's hard to overstate the importance of railroads in the history of North Dakota. They facilitated the settlement of the Great Plains, allowed farmers to ship their products, and helped stores stock their shelves. The importance continues today with trains a hundred cars long shipping oil, grain and other goods. And it's thanks to the railroads that we live and work in the Central and Mountain time zones.

Red Sunsets over Dakota Territory

BY DR. STEVE HOFFBECK

November 19 -- In late October 1883, unusual colors began to illuminate the evening and morning skies over Dakota Territory. Everyone could see that something was in the air those autumn months and on into the winter of 1883-84.

The "azure skies" of a Dakota sunrise, wrote a Fargo journalist on this date, mellowed to a "golden yellow and crimson" making the "fall of 1883 . . . a phenomenal one."

The brilliant colors at dawn and dusk were the subject of speculation in Dakota Territory and elsewhere. During the day, the sun was "obscured by a thin veil of a dull leaden hue," according to an article in the *Bismarck Tribune*, and it "became more luminous, then yellow, then orange, then red; and as night settled down upon the earth, a dull purple."

What caused the "sun glows?"

Writers speculated that the blazing horizon had been caused by "either the misty substance of the tail of some unseen comet" or a "stratum of world dust" or by "very small meteors."

As November passed, the sunsets across all of North America became even more brilliant and red. So brilliant, in fact, that fire departments in New York City, Poughkeepsie, NY and New Haven, Conn. were called out to fight phantom fires.

As winter came to the Great Plains, the twilights deepened in color, creating what some observers called "blood afterglows."

Many Americans wondered if these celestial signs had a cosmic significance, perhaps foretelling a "coming disaster," maybe a cataclysmic war, or a pestilence, or the death of great leaders, or the "downfall of dynasties."

Well, the red skies in the evening DID tell of a disaster, but it was a calamity that had already taken place. For this had been a global event. The crimson skies had come to Dakota Territory from halfway around the globe, for the particles in the air arose from the catastrophic volcanic destruction of the island of Krakatoa in early October 1883. The cosmic dust from Mount Krakatoa lit the evening skies over the Northern Hemisphere for three years. The red sunsets diminished as the dust settled.

Another volcano affected North Dakota about a century later, when Mount St. Helens in Washington state erupted in May 1980. The volcanic ash rose into the air and was carried to North Dakota towns and cities on the westerly winds. Residents of the state might recall wiping a light coating of the volcano's fallout from the hood of their cars as it settled on the state and elsewhere in the days following the eruption. Once again there were red sunsets and sunrises, repeating the phenomenon of almost 100 years before.

Glass Wax Stencils

BY JAYME JOB

November 20 -- Harold Schafer, the president of the Gold Seal Company of Bismarck, received a national sales award on this date in 1957 for his "Glass Wax stencils" holiday promotion. Each year, the national journal *Food Topics* granted the awards based on the responses of thousands of American food retailers. Out of 16,000 national sales promotions that took place that year, Schafer's Christmas stencil promotion was one of eight to win an award in the "New Product" category.

In an earlier interview, Schafer had admitted that the idea for Glass Wax stencils actually came from a schoolteacher who had written him a letter. The teacher said her students often used one of the company's best-selling products to create images on the classroom's windows. Glass Wax was a glass-cleaning product that left a white residue to be rubbed away. Apparently the students thought the residue resembled snow, which spawned the idea for using it as a window decoration. Of course, the fact that wiping the Glass Wax residue away left the windows cleaner didn't hurt either.

Although a popular product, Glass Wax sales dipped during holiday months, people preferring to clean their windows in the spring and fall. Schafer, looking for ways to promote winter sales, had an idea. He partnered with a Minneapolis advertising agency and created a set of 23 holiday cutout stencils. In November 1956, the company began advertising the stencil sets, which sold for 59 cents apiece.

The stencils were promoted on "The Perry Como Show" and "The Mickey Mouse Club." Sales soared, and by mid-December the stencils had sold out. Calls and letters flooded the Gold Seal offices as parents searched for stencils for their children. With no time to produce more stencils, Schafer flew to Los Angeles and appeared on that night's "Perry Como Show."

He stepped in front of the camera, explained the situation, and asked millions of Americans to share their stencil sets with neighbors so that they could decorate their windows as well. With what became known as "The Good Neighbor" commercial, Schafer estimates the company sold 50 more carloads of Glass Wax that year, breaking the company's December sales record.

Sesame Street

BY LEEWANA THOMAS

November 21 -- We all know what we can find on "Sesame Street" -- friendly monsters, catchy tunes and sunny days -- even if we still couldn't tell you how to get there after 55 years of singing about it. That's right, this month marks the 55th anniversary of "Sesame Street" nationally and the 54th in North Dakota. The children featured in the original "Sesame Street" theme song could be grandparents now. But with more Emmy and Grammy awards than any other children's program, "Sesame Street" seems to be here to stay.

In 1966, Joan Ganz Cooney hosted a dinner party. Lloyd Morrisett, who was later a co-founder of the Sesame Workshop, was one of her guests. Over dinner they discussed ways to "master the addictive qualities of television and do something good with them." Three years later, the first episode of "Sesame Street" was on the air.

This month in 1969, Gordon showed a new girl named Sally around the "Sesame Street" neighborhood. She scared Big Bird, learned about the letter "W" from Kermit the Frog, and saw Bert and Ernie bicker over a bathtub.

But "Sesame Street" wasn't only unique because of Muppets and a talking alphabet. As Malcolm Gladwell put it, "'Sesame Street' was built around a single, breakthrough insight: that if you can hold the attention of children, you can educate them." Michael David, a "Sesame Street" writer, took a slightly different tone when he jokingly called "Sesame Street" "perhaps the most vigorously researched, vetted and fretted-over program."

However you look at it, it's true that "Sesame Street" was the first show to use formal psychological research to educate children of all backgrounds. It became known as the "Children's Television Workshop model," and many shows still try to imitate it -- to varying levels of success.

But in the 1990s, more shows started dabbling in educational elements, so "Sesame Street" had to rethink itself to stay unique. They decided to target more preschoolers. This led to more of everyone's favorite, the fuzzy red Elmo. The release of Tickle Me Elmo and the launch of Elmo's World ushered in Elmo-mania on "Sesame Street."

Bicycle, ND

BY JACK DURA

November 22 -- A number of communities have come and gone in McKenzie County, where Watford City sits at pretty much the heart of everything. A century ago, however, many towns dotted the prairie in the largest county in the state.

One example is Bicycle, ND. The name was Anglicized from nearby Beicegel Creek. Bicycle was located about six miles northwest of Grassy Butte, and on this date in 1916, the post office was established. Anne Fane was Bicycle's postmaster before the site moved west six miles to the home of Reuben Lyon, who took over from Mrs. Fane. Louis Elstrand and Frances Cook were later postmasters. The original Bicycle sat at the entrance to Scairt Woman Road along County Road 50.

The place didn't last long. The little post office closed on Halloween in 1935 with mail service switching to Grassy Butte. Other McKenzie County towns met similar fates. Charbonneau, ND declined in the 1950s and '60s after its school and post office closed. Schafer began to die when the railroad went around the one-time county seat. Rawson dissolved its government in the early 2000s. And Juniper, at the mouth of Cherry Creek on the Little Missouri River, was platted but nothing ever built. Even the county seat saw changes as it was hosted by Alexander and Schafer before winding up in Watford City, which was located on the Great Northern Railroad line.

At the time of Bicycle's beginnings, Watford City was barely three years old. A hundred years later, the boomtown could barely keep up with its population, which grew to over 7,500 people.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of ND and with funding from the ND Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Did You Know?

The American Heart Association reports that a resting heart rate between 60 and 100 beats per minute is normal for most adults. However, a physically active person or athlete may have a resting heart rate as low as 40 beats per minute. Individuals may recognize resting heart rate or know it from past wellness exams, but why is it important? According to the AHA, a person's resting heart rate can be an important clue into how healthy or unhealthy that person may be. The AHA notes that a lower resting heart rate indicates the heart muscle is in good condition and therefore does not have to work as hard to maintain a steady beat. Conversely, a higher resting heart rate has been linked to lower levels of physical fitness, higher blood pressure and elevated body weight.

-metrocreativeconnection

NOTICE TO CONTRACTORS

The North Dakota Department of Transportation (NDDOT) will receive bids for the construction of the following project(s):

Job No.: 23420
Project No(s).: SS-3-999(051)
Length: 0.360
Type: STRUCTURE REPAIRS, MILL AND HMA OVERLAY, AND GUARDRAIL
County(s): NELSON, BENSON, FOSTER, & TOWNER Cos
Location: ND 1, 2.5 MI S OF PEKIN; ND 17, 4.5 MI E OF CANDO; ND 19, 3 MI W JCT ND 30; US 52, .5 MI W JCT US 281/ND 200 (CARRINGTON)

Bids will be received via the Bid Express on-line bidding exchange at www.bidx.com until 09:30AM, December 13, 2024. Bids will be opened at that time at the NDDOT building on the capitol grounds in Bismarck and the bid results will be distributed and posted online at https://www.dot.nd.gov/business/bidinfo.htm approximately 30 minutes after bids are opened.

The proposal forms, plans, and specifications are available on the NDDOT website at http://www.dot.nd.gov and may be inspected at the Construction Services Division, 608 East Boulevard Avenue, Bismarck, North Dakota.

All bidders not currently prequalified with NDDOT must submit an online Contractor's Prequalification request to the Department at least ten (10) business days prior to the bid opening. The online application can be found on the NDDOT website at https://www.dot.nd.gov/business/contractors.htm

NDDOT reserves the right to reject any and all proposals, waive technicalities, or to accept such as may be determined in the best interests of the state.

For disability/language assistance, call 701-328-2978.

Requested by:
Ronald J. Henke, P.E., Director
North Dakota Department
of Transportation

MINUTES OF REGULAR MEETING
LAKOTA SCHOOL BOARD
October 9, 2024

Chairman Sorlien called the regular school board meeting to order at 7 p.m. with one addition to agenda: weight room. Board members Travis Schmidt, Kris Rainsberry, Derrick Marquart and Trent Matejcek were present.

A motion by Kris Rainsberry, seconded by Derrick Marquart, to approve the September 14 regular and October 7 special meeting minutes as presented. The motion carried unanimously.

Audience -- Sam Preble, Tom Nybo, Beau Snyder

A motion by Trent Matejcek, seconded by Travis Schmidt, to approve the financial reports as presented. The motion carried unanimously.

Mr. Snyder, high school principal, reported the current high school enrollment is at 76 students; progress reports; team meetings; submission of required state reports; and homecoming week.

Mr. Preble, elementary principal, reported the current elementary school enrollment is 128; professional development; field trips; Star 360; Best in Class; and elementary boys basketball.

Dr. Peters, superintendent, reported on building updates; pre-K-6 music position; counseling program; Text-a-Tip; and fall activities.

Finance Committee -- Met and discussed the final budget for 2024-25.

Old and Unfinished Business -- none.

New Business --

A motion by Trent Matejcek, seconded by Travis Schmidt, to approve the bid from Crismon and Son in the amount of $10,000 for the 2024-25 winter season. The motion carried unanimously.

A motion by Kris Rainsberry, seconded by Derrick Marquart, to approve the 2024-25 final budget with expenses $3,228,538.30, and revenue $3,306,823.63. The motion carried unanimously.

Weight Room -- A discussion on offering zero hour weight program in the morning before school. No one is available to monitor a zero weight program at this time. Suggested going to the fitness center downtown.

The next meeting date will be on Nov. 13, 2024 at 7 p.m. in the SERC room of the Lakota High School.

A motion by Travis Schmidt, seconded by Kris Rainsberry, to approve the October bills as presented. The motion carried unanimously.

Advanced Business Methods	$1,782.66
Airgas USA	387.50
Alken Glass Unlimited	1,050.00
Altru Health System	285.00
Amazon Capital Services	896.55
Kathleen Barney	300.16
City of Lakota	125.00
Cole Papers	887.77
Dave Burgess Consulting, Inc.	225.00
Double Z Broadcasting	199.95
DRN ReadiTeach	1,395.00
EcoLab Pest Elimination Division	102.94
Entzel Piano Tuning Service	150.00
EverSpring Inn & Suites	693.00
Farmers Union Oil Co.	3,639.47
Guard911, LLC	1,896.00
The Hermitage Art Co.	86.52
High Plains Water-AquaPure	185.00
I-State Truck Center	301.90
IXL Learning	313.00
Kaplan Early Learning Co.	6,105.49
Lakeshore Learning	5,038.68
Lakota American	755.40
Lakota Hardware Store	443.88
Lakota Municipal Utilities	4,153.54
Stephanie Matejcek	300.16
Menards-GF	110.74
NAPA Auto Parts	156.00
NDASC Spelling Bee	85.00
Nelson Co. Sheriff's Office	50.00
Bette Nelson	300.00
ND Council of Educ. Leaders	425.00
Online Dakota Info. Network (ODIN)	74.00
Kelly Peters	413.50
Pitney Bowes Global Financial Services	156.00
Polar Communications	436.34
Pomp's Tire--DL	1,538.88
Samuel Preble	300.16
Premium Waters, Inc.	244.26
Radisson Inn	410.00
Rysavy Plumbing	749.45
Solberg Motor Co.	2,235.15
William Solberg	30.00
Cassandra Sundeen	148.19
Unum Life Insurance Co. of America	52.03
Tessa Varnson	352.16
WEX, Inc.	70.00
Total	$40,036.43

A motion by Trent Matejcek, seconded by Derrick Marquart, to adjourn the meeting at 7:40 p.m. The motion carried unanimously. Chairman Sorlien adjourned the meeting.

Tessa Varnson
Business Manager

Jason Sorlien
Board President

FALL HOURS:
~ Devils Lake ~
M-F: 7:30 a.m. - 5:00 p.m.
Sat: 8:00 a.m. - 12:00 p.m.
~ Park River ~
M-F: 7:30 a.m. - 5:00 p.m.
Sat: Closed

LEON'S BUILDING CENTER, INC.
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Devils Lake, ND
701-662-3416
105 4th St. E.
Park River, ND
701-284-6266
www.leonsbuildingcenter.com

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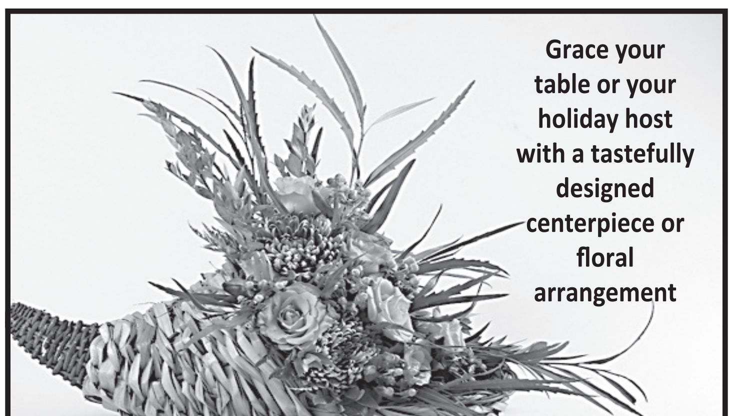

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Chris Plummer - owner & manager

- Tues., Nov. 26: Regular Sale & Bred Cow Sale along with Weigh-up Cattle
  - 50 Front End young blk cows bred to Powerful blk bulls for end of March calving
  - 20 Young Fancy Red Cows bred Black Angus for end of March calving
  - 8 Red 3-6 yr old cows bred Red Angus due March 12 for 45 days. Complete dispersion.

★MORE CONSIGNMENTS BY SALE DATE★

- Tues., Dec. 3: Regular Sale & Feeder Cattle Special
- Tues., Dec. 10: Regular Sale & Feeder Cattle Special

REMEMBER, SHOTS DO MAKE A DIFFERENCE.

Call ahead if interested in marketing any bred cattle to ensure proper advertising.

For market information, a farm appraisal, to consign livestock or for trucking arrangements call
Chris Plummer @ 701-256-0878 or
Cliff Sanders (field man) @ 701-793-3175

Check out www.lakeregionlivestockinc.com or for current & past sale results.

Classified Ads

Classified ads are 25 words for $5 and 10¢ for each word over 25. Call 247-2482 and ask about our 13 week special.

HELP WANTED

NELSON-GRIGGS DISTRICT Health Unit is looking to hire a data collection specialist. Call 701-322-5624 to apply. 2c

YMCA EDUCATIONAL CENTER: Teachers wanted. The Grand Forks Altru Family YMCA is hiring full- and part-time childcare teachers to care for children age infant through preschool in the YMCA Educational Center. Work in a warm, caring environment where kids learn, play and exercise to get their best start in life. Our program is "Bright & Early Step 3" rated. Contact Janine Jorgenson (jjorgenson@gfymca.org) or call 701-775-2586. For job descriptions, visit: www.gfymca.org. 2-5c

MEDICAL: RNs NEEDED for all shifts in Jamestown, ND. $61.56/hour + full benefits (med. and dental) + 6% employer 401k contribution (adds $3.69/hr.!), $1,000 holiday sign-on bonus. Call Mitch at Worldwide Staffing at 866-633-3700 ext. 124. (N)2p

HAWK MUSEUM, WOLFORD, ND, seeking full-time person/couple for day-to-day manager-maintenance. Housing provided. Salary negotiable, based on experience. Send résumé to: Lyman Halvorson, 4351 Hwy. 17, Wolford, ND 58385 or call 701-771-9973. dryhill@gondtc.com. (N)2p

BUILD YOUR CAREER with McLean County. We are hiring one or more jailer/E-911 dispatchers. Competitive pay and benefits. Visit www.mcleancountynd.gov/employment/. EOE. (N)2p

BAKED GOODS FOR SALE

BAKED GOODS FOR sale upon request. Here are a few: Cookies, muffins, bars, krumkakes, banana bread. Call or text for more info and prices: 701-520-4861. 52-4p

SERVICES FOR HIRE

PEST CONTROL: PROTECT your home from pests safely and affordably. Roaches, bed bugs, rodents, termites, spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677. Have ZIP Code of property ready when calling! (N)2p

BATH AND SHOWER updates in as little as one day! Affordable prices -- no payments for 18 months! Lifetime warranty and professional installs. Senior and military discounts available. Call: 1-877-548-8176. (N)2p

WE HELP SOLVE your tax problems. We prepare tax returns, set up payment plans, negotiate settlements and offers in compromise. Bulie Diaz Law Office, 800-993-4307. (N)2p

Want to thank someone? Say it with a card of thanks! Just 10¢/word.

MISCELLANEOUS FOR SALE

YOU CAN PLACE a 25-word classified ad -- like this one -- in every North Dakota newspaper for only $160. It's easy. Contact this newspaper for details. (N)2p

NEED NEW FLOORING? Call today to schedule a free in-home estimate on carpeting and flooring. Call today! 1-866-892-5868. (N)2p

TOP CA$H PAID for old guitars! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson mandolins / banjos. 1-844-592-3691. (N)2p

PAYING TOP CA$H for men's sport watches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-877-548-8415. (N)2p

LOOKING FOR THE most complete listing of ND media? ND Media Guide. Only $30! Call 701-223-6397, ND Newspaper Association. (N)2p

FARM AND RANCH

CASE 500 DIESEL tractor: $5,500 OBO. 2024 GMC Sierra 1500/Denali: Only 2,000 miles, loaded, sharp black! M-Moline Diesel Tractor: Model D504-G. Phone 701-770-0295. (N)2p

AUTOS

DONATE YOUR VEHICLE to fund the search for missing children. Fast, free pickup. 24-hour response. Running or not. Maximum tax deduction and no emission test required! Call 24/7: 1-844-591-9132. (N)2p

REAL ESTATE FOR SALE

ND FARM LAND values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer, 701-371-8538. Kevin Pifer, 701-238-5810. Free valuation. (N)2p

HEALTH/MEDICAL

STOP OVERPAYING FOR health insurance! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call now for a no-obligation quote: 877-727-7420. You will need to have your ZIP Code to connect to the right provider! (N)2p

VIAGRA AND CIALIS users! 50 pills special $99! 100% guaranteed. Call now! 1-866-481-0920. (N)2p

MISCELLANEOUS

INJURED IN AN accident? Don't accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the $1,000s. Get a free evaluation to see what your case is really worth. 100% free evaluation. Call now: 701-505-8373. (N)2p

HAVE A NEWS release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397. (N)2p

SUBSCRIBE TO THE Lakota American by calling 701-247-2482!

Business & Service Directory

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Highway 2 East, Devils Lake, ND
Between Lake Toyota & Mr. & Mrs. J's
PHONE: 662-4085
HOURS: 8:30 a.m. to 5 p.m.
Monday, Tuesday, Wednesday, Friday
Thursday 8:30 a.m. to 7 p.m.

Dr. Tom Dunham
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Located in the Nelson-Griggs District Health Unit Office in McVille, ND
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Family Practice Medicine
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Sat. 8:30 a.m. to 12 noon

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COMMERCIAL
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Petersburg, ND 58272
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Nelson County has 2 or 3 bedroom townhouses located in Aneta, Lakota, McVille, Michigan, Petersburg and Tolna. Rent is based on 30% of adjusted gross income. We are now taking applications for:

- **McVille** ***(2 bedroom wheelchair accessible)***

Or you may send in an application for the other units and be placed on a waiting list.

For more information, please call Nelson County Public Housing at 701-746-2745. Ask for Brenda.

SECTION 00 11 13
ADVERTISEMENT FOR BID
UPPER SHEYENNE RIVER JOINT WATER RESOURCE BOARD
UPPER SHEYENNE RIVER WATERSHED PILOT PROJECT
-- SITE 10
NELSON COUNTY, NORTH DAKOTA

NOTICE IS HEREBY GIVEN that the Upper Sheyenne River Joint Water Resource Board will receive sealed Bids for the construction of the Upper Sheyenne River Watershed Pilot Project -- Site 10, at Barr Engineering Co., 234 W. Century Ave., Bismarck, North Dakota 58503 until 5:00 PM CST, December 9, 2024. Bids will be publicly opened and read aloud at the meeting of the Upper Sheyenne River Joint Water Resource Board during the North Dakota Water Convention & Irrigation Workshop in the Governor's Room at the Bismarck Hotel and Conference Center located at 800 South 3rd Street, Bismarck, ND 58504 on December 10, 2024 at 2:00 PM CST. Bids may be mailed or delivered to the office of Barr Engineering Co. (Attention: Mandar Nangare) or hand-delivered to the conference center by the dates and times listed. The public is encouraged to view the bid opening on their computer, tablet, or smartphone, using the virtual connection information provided in the Instructions to Bidders, or for an invitation to the virtual connection please contact Peter Hinck, PHinck@barr.com.

All Bids must be submitted, and all work shall be done, in full and strict compliance with the Plans and Specifications for this Project.

Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for $42 by inputting **Quest project #9408299** on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or info@questcdn.com for assistance in a free membership registration, downloading, and working with this digital project information. Hard copies of the bidding documents will not be available from the Engineer or Owner.

Questions or clarifications during bidding shall be directed to the Engineer in writing: Peter Hinck, PHinck@barr.com. Questions and answers from all bidders will be posted on the QuestCDN site.

A pre-Bid conference for interested bidders will be held digitally via Microsoft Teams on November 20, 2024 at 9:00 AM CST. See the Instructions to Bidders for conference information, or for an invitation to the conference please contact Peter Hinck, PHinck@barr.com. The Engineer will have a short presentation highlighting key components of the Drawings and Specifications, followed by a question-and-answer session. Some questions may not be answered on the spot, but all questions and answers will be posted to the QuestCDN site following the pre-Bid conference.

The project is located on the Sheyenne River located approximately 2.0 miles south-southeast of the City of Pekin, North Dakota. In general, the Work included in the Project includes the labor, materials, tools, and equipment required to remove an existing rock weir and regrade the river bed, install woody material for bank stabilization, grade and stabilize the riverbanks, install native plantings, and restore the site.

All Bids are to be submitted on the basis of cash payment for the Work and are to be enclosed in a sealed envelope addressed to the undersigned Manager, endorsed as required below. Each bid must be accompanied by a separate envelope containing the contractor's license and bid security. The bid security must be in a sum equal to five percent (5%) of the full amount of the Bid and must be in the form of a bidder's bond. A bidder's bond must be executed by the bidder as principal and by a surety, conditioned that if the principal's bid is accepted and the contract awarded to the principal, the principal, within ten days after notice of the award, shall execute a contract in accordance with the terms of the Bid and the bid bond and any condition of the governing body. A countersignature of a bid bond is not required. If a successful bidder does not execute a contract within the ten days allowed, the bidder's bond must be forfeited to the governing body and the project awarded to the next lowest responsible bidder. The bidder must be licensed for the full amount of the bid as required by Section 43-07-12 of the North Dakota Century Code.

The outside of the sealed envelope containing the bid and other required items shall be endorsed with the following verbiage:

1. "Upper Sheyenne Joint Water Resource Board, Upper Sheyenne River Watershed Pilot Project"
2. The name of the person, firm, corporation, or joint venture submitting the Bid.
3. The Bidder's Contractor's License or Contractor's License Renewal Number.
4. Acknowledgement of Addenda.

No Bid may be read or considered if it does not fully comply with the requirements of Section 48-01.2-05 of the North Dakota Century Code. Any deficient Bid received will be resealed and returned to the Bidder immediately.

The Owner reserves the right to hold all bids for 45 days, to reject any or all Bids and to waive any informality or irregularity in any Bid and to accept the Bid deemed in the best interest of the Owner. The Owner reserves the right to rebid the project until a satisfactory Bid is received.

The Work shall be substantially complete by June 1, 2025. All Work shall be complete and ready for final payment in accordance with the General Conditions by November 1, 2025.

By order of the Upper Sheyenne
Joint Water Resource Board,
Dated this November 8, 2024
Tasha Krueger, Manager

Publish:
Nelson County (Lakota American) November 14, 2024; November 21, 2024; November 28, 2024; December 5, 2024
QuestCDN: November 14, 2024
(Publish Nov. 14, 21 & 28 & Dec. 5, 2024)

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Lakota Public School

is looking for:

- ***ELEMENTARY SCHOOL/ MIDDLE SCHOOL MUSIC INSTRUCTOR***
- ***CLASSROOM PARA EDUCATORS*** (full-time and/or substitute)
- ***BUS DRIVERS*** (route and/or activity substitutes)

Contact: Dr. Kelly D. Peters, Superintendent,
Mr. Sam Preble, Elementary Principal,
Mr. Beau Snyder, Secondary Principal.
Lakota Public School District #66.
Office: 701-247-2992

Lakota
Public Schools

DAHL TRUCK & AUTO CENTER

Dahl Truck & Auto in Langdon is looking to expand and hire *2 energetic knowledgeable mechanics.*

Duties will include: suspension, transmission, clutch, and engine work. Other work will include oil changes, brakes, ABS, and a knowledge of engines, Def system.

Computer skills are very important but we are willing to train.

Wages will range from $23 to $30 per hour depending on verified experience.

Benefits include: health insurance, matching 401K retirement, dental and vision.

A $3000 sign on bonus.

Contact: Ryan @ 701-256-3930 or
Aaron @ 701-256-0294
to set up an interview

MINUTES OF REGULAR MEETING
PETERSBURG CITY COUNCIL
November 4, 2024

Petersburg City Council met Nov. 4, 2024 at 7 p.m. at the community center. Members present were Amber Vickaryous, Kevin Sundre, Susan Dahl, Brian Johnson and Tricia Johnson. James Schmidt was present via phone.

Motion by Brian, second by Susan, to approve Oct. 7, 2024 minutes and the current financial report, and bills to be paid. Motion carried.

Otter Tail Power Co.	$662.19
Tri-County Water	60.80
David Gallaway	391.56
Tricia Johnson	507.92
Postmaster	154.00
First United Bank	30.00
Polar Communications	47.99
Nelson Co. Sheriff's Dept.	810.00
Otter Tail Power Co.	60.46

The council has moved forward on Bobbi Hepper Olson nominating the Petersburg City Hall into the National Register of Historic Places.

The council discussed winter operations for snow removal; a load of gravel was distributed near the lift station, park and American Bean; James bought a book pertaining to ordinances; Kevin was going to measure the city hall.

WINTER OPERATION

When weather permits, as of Nov. 15, 2024 through April 15, 2025, remove vehicles: Leave vehicles **off** the streets until plows have passed to allow for efficient snow removal. Vehicles may be towed if left on the street.

City residents can renew their annual pet license at the city council meetings.

Next regular city council meeting will be Dec. 2, 2024, 7 p.m. at the community center.

Motion by Kevin, second by Brian, to adjourn at 7:31 p.m.

Tricia Johnson
City Auditor

Your ad could be here! Call 1-701-247-2482 or email lamerican@polarcomm.com.

Anderson Law Office
Jeffry D. Anderson
PO Box 628
Lakota, ND 58344
701-247-2996
Attorney for Personal Representative

NOTICE TO CREDITORS

IN DISTRICT COURT, NELSON COUNTY, STATE OF NORTH DAKOTA.

IN THE MATTER OF THE ESTATE OF CORAL LORRAINE GREWE, DECEASED.

Probate No. 32-2024-PR-00023

NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication or mailing of this notice or said claims will be forever barred. Claims must either be presented to Natasha Rysavy, 4199 102nd Ave. NE, Lakota, ND 58344, personal representative of the estate, with her attorney listed above, or filed with the Court.

Dated this 30th day of October, 2024.

/s/ Natasha Rysavy
Natasha Rysavy
Personal Representative
(Publish Nov. 14, 21 & 28, 2024)

Immunization clinic information

Immunization clinics by the Nelson-Griggs District Health Unit are held on the following dates each month.

- Lakota Courthouse, 2nd Tuesday, 9:30-10:30 a.m.
- McVille Health Unit, 3rd Tuesday, 9:30-10:30 a.m.
- Cooperstown City Hall, 4th Tuesday, 9:30-10:30 a.m.

Vaccines are available for all ages, including adults, children and infants.

NOTICE

Nelson County is seeking bids for a tractor with a minimum of 200hp, 3 point front mount PTO for sale or lease.

Bids due to the Auditor's Office by ***8:30 a.m. Tues., December 3***, with bid opening at ***9:30 a.m.***

Nelson County Auditor's Office
210 B Ave. W., Suite 201
Lakota, ND 58344-7410

Help Wanted

We are looking for:

- **Cooks**
- **Server**
- **Bartender**

Apply in person or contact Scott with any questions
701-247-2487

SUNLAC INN
310 4th Ave. SE :: Lakota, ND

Join Our Team

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Lakota Public School District

Seeking a Full-time Custodian/ Maintenance for Lakota Public Schools.

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Become an integral part of our support staff at Lakota Public Schools.

Lakota
Public Schools

Please contact
Dr. Kelly D. Peters, Superintendent,
if you have any questions.
701-247-2992 or 701-740-9583

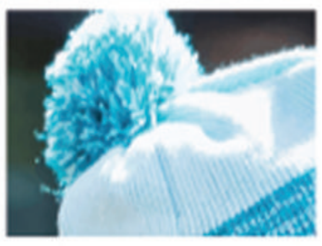
THIS DAY IN...
NOV
21
HISTORY

164 BCE
Judas Maccabeus restores the temple in Jerusalem. This is the basis of Chanukah celebrations.

1789
North Carolina becomes the 12th US state.

1905
Albert Einstein publishes his paper that leads to the formula E=MC²

GET THE PICTURE?



Can you guess what the bigger picture is?

Answer: Stocking cap

Please
Drive
Carefully

How they SAY that in...

ENGLISH: Storm

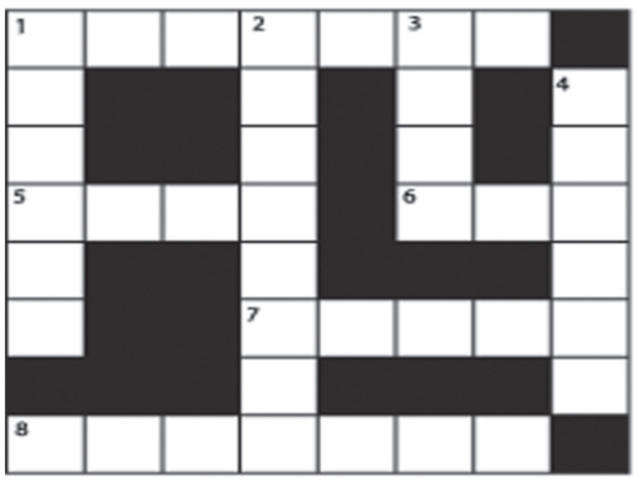
SPANISH: Tormenta

ITALIAN: Tempesta

FRENCH: Orage

GERMAN: Gewitter

CROSSWORD PUZZLE



ACROSS
1. Unexpected, beautiful things
5. Fluid from eye
6. ___-fi, book type
7. Move on hands and knees
8. Winter yard friend

DOWN
1. Cold season
2. Animal that provides milk
3. Orderly columns
4. A bit cold

Answers on back page

Did You Know?

People should pay attention to storm warnings and watches. They often include important information about upcoming storms.

Get Scrambled

Unscramble the words to determine the phrase.

ROTMS AHWCT

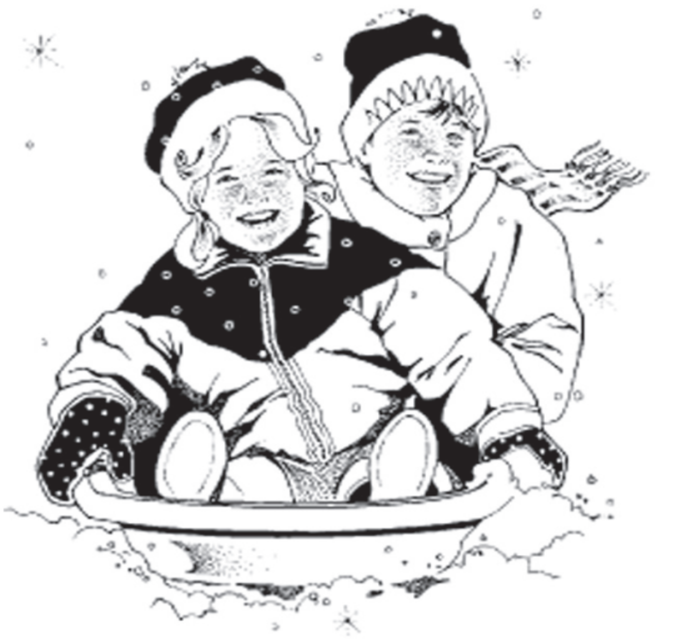
Answer: Storm Watch

Winter Weather Fast Fact

Two of the more common injuries to occur in winter are slip and fall injuries and car accidents. Always use extra caution when traveling or walking on ice.

CREATIVE COLORING

Celebrate the first snow of the season with this fun picture.



13 fun facts about Thanksgiving

Thanksgiving is a time to gather with family and friends and reflect on one's blessings. In 2024, Thanksgiving takes place on November 28.

In anticipation of the holiday, here are some interesting facts about the Thanksgiving celebration.

1. American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.

2. Canadians celebrate Thanksgiving on the second Monday of October. It is based on European harvest festivals.

3. The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).

4. The Butterball hotline answers roughly 100,000 calls every year on its turkey question hotline.

5. In 1953, the Swanson company overestimated the number of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it up, repackaged it and created the first frozen TV dinners.

6. Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565 Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine, and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.

7. Thanksgiving didn't become a civic holiday until Abraham Lincoln made it one after the Civil War tragedy. Thanksgiving was declared a national holiday on October 20, 1864.

8. The Pilgrims did not refer to themselves as "pilgrims." They used the word "separatists" as they were separating themselves from a larger belief system.

9. In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia and the Netherlands celebrate their own versions of Thanksgiving.

10. Each year, the American president "pardons" a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset that his family's turkey was going to be killed for Thanksgiving dinner.

11. According to the US Calorie Control Council (CCC), an average American may consume 4,500 calories and 229 grams of fat on Thanksgiving Day.

12. The Macy's Thanksgiving Day Parade is an annual tradition. People line the parade route in New York City or tune in to watch the parade on television. It originated in 1924 and the famed balloons were added in 1927.

13. Apple pie is the pie of choice for Thanksgiving, even though pumpkin pie is prevalent this time of year.

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ASK DR UNIVERSE

A science column for kids from Washington State University

Dear Dr. Universe: What is cancer? -- Austin, 9, New York

Dear Austin,

I love a predictable schedule. Knowing when to eat, sleep and answer your questions keeps me chill.

That how the cells that make up our bodies work, too. They grow and die on a predictable schedule. Our bodies constantly make new cells to replace the ones that die. They grow for a set time and then die, too.

But sometimes cells grow out of control. They may grow faster or for a longer time than normal cells.

They ignore the signals that tell a cell it's time to die. They can even spread to other parts of the body and start growing there. That's cancer.

That's what my friend Weimin Li told me. He's a medical doctor and scientist at Washington State University. He studies breast cancer.

He said that cancer happens because of changes in our genes. They're called mutations.

Inside each of your cells, you have a copy of your DNA. It's like a recipe book that tells your body how to make all the proteins that make your body work. A chunk of DNA that tells your body how to make a specific thing is called a gene.

When your body makes new cells or proteins, it copies your DNA. Usually, it copies it exactly right. But sometimes it makes a little mistake or mutation. That's one way cancer starts.

Cancer can also start if something in the environment changes your DNA. That mutation can come from chemicals or viruses. It could come from getting too much of the sun's light or pollution in the air, soil or water.

"Exposure to harmful substances, unhealthy lifestyles, aging and infections may cause cancers," Li said. "This is a good reminder for us to take care of our living environment and our health."

Sometimes DNA changes get passed down from our parents. That's why doctors ask if anyone in your family has ever had cancer.

Usually, mutations are no big deal. They don't make a difference in how your body works. They don't cause cancer or any problems at all.

But sometimes mutations happen in genes that manage the predictable schedule of your cells. It could change the genes that tell your cells to grow or stop growing. It could change the genes that tell your cells when it's time for them to die. It can change the genes in charge of fixing mistakes or changes in your DNA.

Those are the mutations that can cause cancer.

Cancer can be scary to think about. The truth is that it's something that can happen to all animals. Even the dinosaurs sometimes had cancer.

The good news is that scientists and doctors like Dr. Li are working hard to figure out new ways to fight cancer. Other scientists and public health experts are helping people avoid things that cause cancer -- like smoking, pollution and forgetting to wear sunscreen.

It's one of the ways we can see science helping make our lives better.

Sincerely,
Dr. Universe

Lakota Close Up students to sell lefse and pies Nov. 27

The Lakota Close Up students will be holding a lefse and pie sale on Wednesday, Nov. 27 at the Lakota City Library from 3:30 to 6 p.m. The students will be making the lefse in the days prior to the sale. Lefse will be packaged with five sheets in each package. There will be a variety of pies available.

There are 17 students in Close Up. Their trip to Washington, DC and New York is scheduled for March 2026. Please come and support the students. Happy Thanksgiving!

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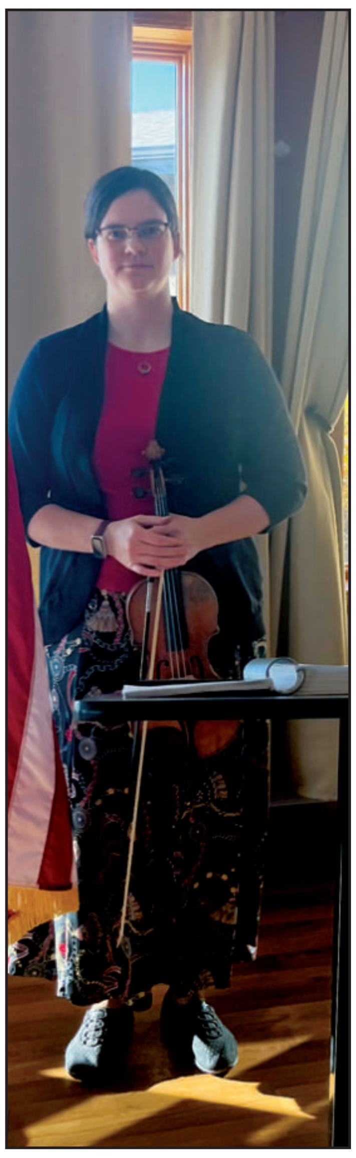
Lakota Good Samaritan Society GOOD NEWS!

Last week the staff and residents honored the Lakota Good Samaritan Society veterans. We had some beautiful music played by our social worker Catherine. Then we had a delicious treat and coffee. We salute our veterans Mike, Ken, Larry, Terry and Jim--and all the others who served for our country.



New program offers incentives for cover crops --

(Continued from Page 1)

on their farms. The incentives are supported by a $95 million US Department of Agriculture Partnerships for Climate-Smart Commodities grant.

NDSU is playing a pivotal role in the partnership by providing science-based technical assistance and outreach to farmers wishing to enroll.

Helping to coordinate Farmers for Soil Health activities in North Dakota is Rutendo Nyamusamba, NDSU Extension conservation agronomist stationed at the Dickinson Research Extension Center.

"Cover crops have many benefits, including soil water and nutrient retention, reduced soil erosion, extending grazing periods and managing soil health aspects," says Nyamusamba. "Our goal is to enroll 35,000 acres, or approximately 98 farmers into the program in North Dakota."

"This program is unique because it was built by farmers for farmers, and it assists with the cost and learning curve of adopting cover crops," says Ben West, Farmers for Soil Health executive director. "We built flexibility into the timing, allowing farmers to enroll their fields before or after planting cover crops."

Enrollment is a simple online process that also positions farmers to take advantage of the new marketplace, providing a direct channel between farmers and end users. The fiscal year for the program is March 1 to February 28. The turnover between the previous year's cover crop and the current year's cover crops is February 28. The program also provides dedicated technical advisors to offer guidance and answer questions about transitioning fields to successful cover crop adoption. If a field was planted to cover crops for the first time in the fall of 2024, it is eligible for a three-year contract payment of $50 per acre. This is structured as $25 the first year, $15 the second year and $10 the third year. Visit FarmersforSoilHealth.com for information on eligibility and how to enroll online for cover crop payments.

Great reasons to donate unwanted items

People may wonder if they should donate or sell items they no longer use. Of course, some unwanted items can be sold through various channels.

However, the benefits of donating merit consideration as individuals ponder what to do with unwanted items taking up space around the house.

· **Save time and stress:** Selling items can take time, and that may be stressful to busy individuals. Donating items is less time-consuming and stressful, and donors won't find themselves waiting around for buyers who fail to arrive on time, if at all.

· **No diminished returns:** It's easy to overestimate how much a particular item is worth. Even if something was a collectible in the family, it might not have much value in the eyes of potential buyers. Holding out for a price that is unattainable may be unrealistic. But donating items clears them out quickly and ensures others can benefit from them.

· **Facilitates a process:** Since selling items can take time, people who tend to hoard items may end up procrastinating even more if they try to sell. If the goal is to clear away clutter, donating is the simplest and quickest means to doing so.

· **Tax implications or benefits:** Those who sell enough items and turn profits may have to claim it on their income taxes. Conversely, donating items comes with potential tax deductions that can help them save money.

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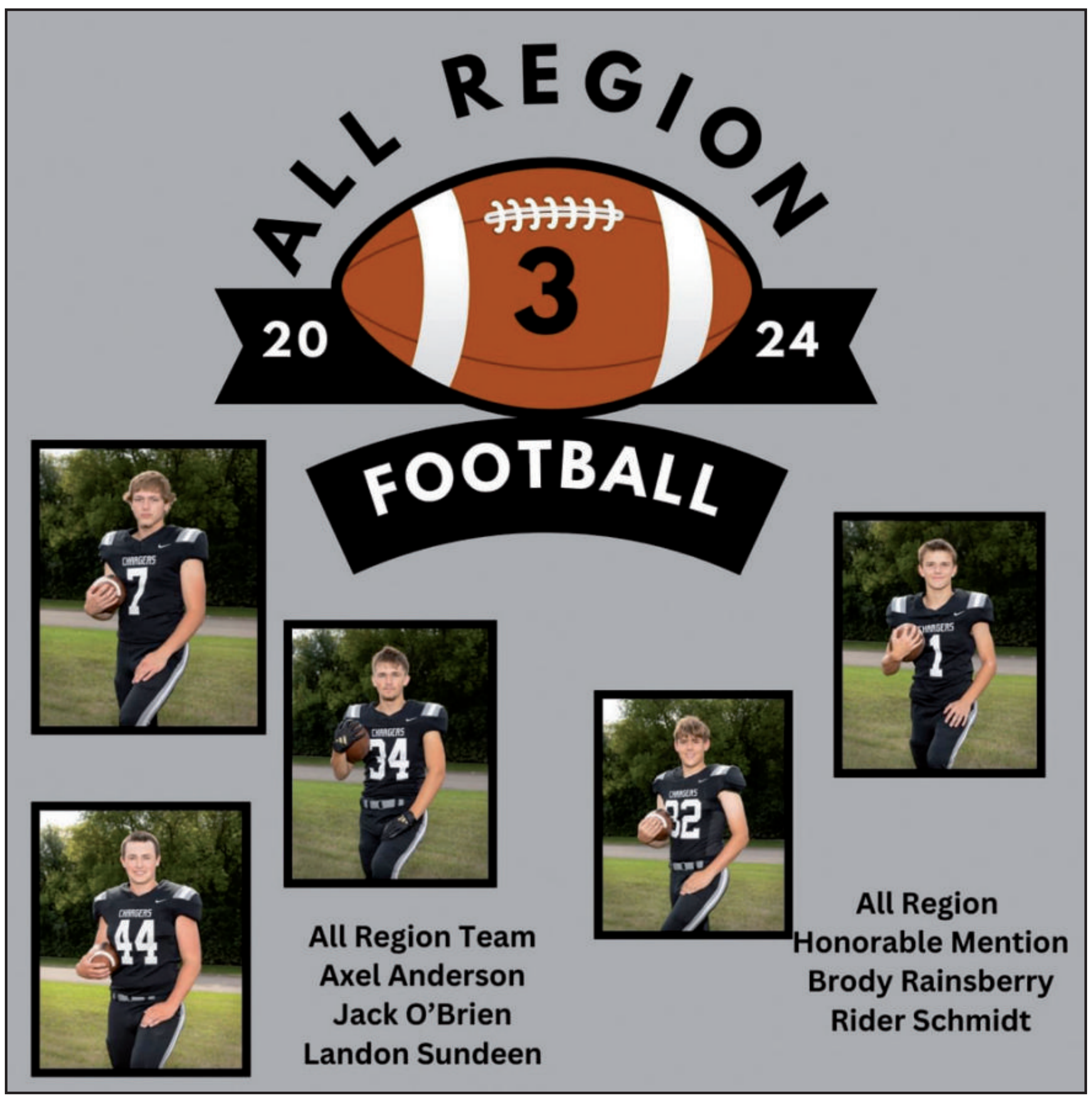

All Region Team
Axel Anderson
Jack O'Brien
Landon Sundeen

All Region
Honorable Mention
Brody Rainsberry
Rider Schmidt

How to snap a great Christmas card photo

A Shutterfly poll conducted by Ipsos in 2021 discovered that, while traditional holiday messages are by far the most popular missives at 63 percent, younger age groups show more interest in other types of cards, such as photo cards (between 34 and 38 percent depending on age group). Forty-one percent of people polled prefer to receive photo cards. That means holiday well-wishers may want to brush up on their photography skills.

· **Keep cards in the back of your mind.** While the Norman Rockwell-esque family tableau or a wintry Christmas scene is a go-to holiday card, any photo-worthy moment throughout the year can suffice. Keep a lookout for ideas while vacationing or enjoying time together as a family.

· **Avoid busy prints.** Stick to solid colors when posing for holiday photos; otherwise, recipients' eyes may not know where to look when viewing the photo. Photo subjects should coordinate, but wardrobes that completely match can seem contrived.

· **Plan around nap times.** If photos involve young children, schedule the photo shoot to occur when children are well-rested and fed. Now may be the time to offer kids treats they don't normally get in an effort to reward patience and happy smiles.

· **Avoid red eye.** Proper lighting can help avoid the occurrence of "red eye" in photographs, which happens when the flash bounces off a wide pupil. Asking subjects to look into bright light before the photo, or utilizing a camera that snaps a small burst of flash before the actual flash, can help alleviate this problem.

· **Embrace candid shots or mixups.** Some of the funniest and most memorable photos are when things didn't go according to plan. A crying infant or a parent looking away from the lens may not be magazine worthy, but don't be so quick to discard those less-than-perfect snaps.

· **Zoom in tight and cropped.** Card recipients want to look at you and not the surroundings. Avoid landscape shots on holiday cards, and be sure to focus on the subjects' faces as much as possible.

· **Angle correctly for flattering photos.** Adjust your body posture to look your best. Turn the lower half of your body to the side and then adjust the upper half to move slightly toward the camera to appear more svelte. Position the camera lens at eye level or above to avoid double chins in photos.

· **Show off your sense of humor.** You can show friends and family you like to laugh by posing in funny ways or by mimicking pop culture references in your photo cards. Recreate childhood photos of yore, or imitate photos from album covers or movie posters.

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Crossword answers

ACROSS: 1. Wonder 5. Tear 6. Sci 7. Crawl 8. Snowman

DOWN: 1. Winter 2. Dairy Cow 3. Rows 4. Chilly

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